

# goodFOOD

EST 1989 MIDDLE EAST

## Summer vibes

- Kickin' buffalo chicken nachos
- Mortadella, burrata & pistachio pesto ciabatta
- Tandoori-spiced salmon

*Celebrate  
Father's Day with  
our special menu*

*Why eat  
30 plant foods  
a week?*

### FOOTBALL FEVER

Creative platters  
for your Euro 2024  
viewing party

### Seasonal notes

- Air-fryer pavlova • Mango & passion fruit curd sunshine tart  
• Peach Tarte Tatin • The Good Food dunker



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# SANIPEX GALLERY

[WWW.SANIPEXGROUP.COM](http://WWW.SANIPEXGROUP.COM)



**elleci**  
TOGETHER, WITH STYLE





# Welcome!

**A**s the days get longer and warmer, we've curated a selection of recipes to keep your seasonal menu fresh, light, and incredibly satisfying. In this issue, we shine the spotlight on *Milk* (p14) - discover its nutritional benefits, diverse varieties, and impressive versatility in both sweet and savoury dishes. Additionally, learn innovative tips to minimise waste and make the most of every precious drop.



Our weeknight *One-Pot Wonders* (p20) are perfect for those busy evenings when you need a swift meal with minimal cleanup. For enthusiasts of fast and healthy cooking, our *Air fryer recipes* (p26) are a revelation, delivering delicious meals in just 30 minutes. Explore our *1 Base, 3 Meals* feature (p31), where we transform chicken into three distinct and delectable dishes, ensuring your weekly menu stays exciting and varied. Don't miss our special Father's Day menu, filled with recipes guaranteed to make his day unforgettable and filled with love. You will also find our sustainable swap recipes featuring *Brazil nuts* (p36) and *Quick and clever noodles* (p38), which transform the budget-friendly ingredient into an elevated delight. And for a bit of fun, join us in our *ultimate dunker challenge* (p71) showcasing the best biscuits for your tea-time indulgence.

Additionally, discover *5 healthy ways* to incorporate canned fish (p97) into your meals, making the most of pantry staples. Our feature on *Why eat 30 plant foods a week?* (p92) delves into the benefits of this lifestyle and offers tips to implement these into your diet. As always, enjoy our tried-and-tested reviews of the month, along with *3 Sizzling Summer hotspots* on Palm Jumeirah (p99), to make the most of this season.

*Nicola Monteath*  
Editor

These are a few of  
our favourite dishes...



"I love a twist on the traditional cookie. These Black tahini chocolate cookies are a treat I can't wait to dunk into my tea."

Liz Smyth, Group Sales Director



"I'll be treating my dad to this Peach tarte tatin, which we'll enjoy after a special homecooked dinner."

Blanche D'mello, Assistant Editor



"Chicken schnitzel Caesar salad, need I say more? This recipe combines the crunch of fried chicken with my all-time favourite salad."

Gill Fairclough, Sales Director



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FOUNDER CPI MEDIA GROUP  
Dominic De Sousa  
(1959-2015)

PRINTED BY

Al Salam Printing Press LLC

PUBLISHED BY



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Office 1307, DSC Tower, Dubai Studio City,  
Dubai, United Arab Emirates, PO Box 13700  
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Email: info@cpimediagroup.com

A publication licensed by Dubai Production City, DCCA

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*Good Food Middle East* magazine is published by CPI  
Media Group under licence from Immediate Media  
Company Limited, Vineyard House, 44 Brook Green,  
Hammersmith, London W6 7BT.

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**V** Suitable for vegetarians.

**❄** You can freeze it.

**❄** Not suitable for freezing.

**Easy** Simple recipes even beginners can make.

**A little effort** These require a bit more skill and confidence – such as making pastry.

**More of a challenge** Recipes aimed at experienced cooks.

**Low fat** 12g or less per portion.

**Low cal** 500 calories or less per main.

**Superhealthy** Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.

**Good for you** Low in saturated fat, low in salt.

**Heart healthy** Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

**1 of 5-a-day** The number of portions of fruit and/or veg contained in a serving.

**Vit C** **Iron** **Omega-3** **Calcium** **Folate** **Fibre**

Indicating recipes that are good sources of useful nutrients.

**GLUTEN FREE** Indicates a recipe is free from gluten.

**Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:**

**P** Contains pork.





# Your Say

We love hearing from you!

star  
letter



**W**ith the sad news of one of our favourite restaurant closing this month, we have spent many wonderful family Christmas days here and we are now on the hunt for this year's new family favourite. I have been reading all of your reviews to try and find a match, not only for the amazing food but

the views and ambience, would love to see an early review (yes I know it's May) but people love to plan (well people like me) in advance. We have family who come every year from the UK to seek some sun and warm weather, so a Christmas special soon will be well received.

*Jen Lawton*



Though every part was special and enjoyable, *Spring clean your home* equipped us with some really easy and handy tips. On the other hand, how to compost food at home was also informative, especially for me as I was in search of composting ways and bokashi reviews, since quite a long time.

*Razana Parveen*



I particularly enjoyed the recipes and insightful restaurant reviews, spanning various cuisines, from traditional favourites to contemporary twists. Whether I'm seeking inspiration for a cozy weeknight dinner or planning an elaborate feast for special occasions, the magazine never fails to offer enticing options that are both achievable and delicious. Additionally, the restaurant reviews featured in the magazine provide valuable recommendations for dining out, offering honest assessments of establishments ranging from bistros to upscale fine dining venues. These reviews enrich my appreciation for different culinary experiences.

*Mona Samaty*

The *Don't bin it, cook it* feature was such an eye-opener! I'm not going to be looking at our household scraps the same way again. On the same note - it was informative to read about composting in small spaces - definitely a relatable topic. Keep them coming!

*Romina Hemmerich*

**WIN!**






## AN EXCEPTIONAL BRUNCH FOR FOUR AT BUDDHA-BAR, WORTH AED2,200

The iconic destination in Dubai Marina is a must-visit for brunch enthusiasts, offering a delicious fusion of Pan-Asian flavours and an electric atmosphere. Guests can enjoy meticulously crafted dishes, including sharing platters of hot and cold starters, with options like Buddha Bar chicken salad and Lobster dumplings, followed by main courses such as Seabass and Cantonese beef. The experience is elevated by an Asian-inspired beverage menu and live entertainment from resident DJs and musicians including a saxophone player and violinist.

To send in your Star Letter and win this prize, visit the Competitions page on [bbcgoodfoodme.com](http://bbcgoodfoodme.com)

## TALK TO US!

Email us on [feedback@bbcgoodfoodme.com](mailto:feedback@bbcgoodfoodme.com) with your thoughts and comments, and send us your photos with your copy of Good Food ME!

You can also connect with us on social media! Find us on:      @goodfoodmiddleeast

Or, you could write to us at: The Editor, Good Food Middle East. Office 1307, DSC Tower, Dubai Studio City, Dubai, United Arab Emirates, PO Box 13700.



# FINE DINING REDEFINED

Zenon welcomes Chef Lorenzo, a culinary visionary poised to propel the restaurant to new heights



Driven by a relentless passion for exquisite flavours and a gift for elevating the mundane to the masterful, Chef Lorenzo embarks on a gastronomic adventure that has enthralled taste buds internationally. His journey, steeped in the rich traditions of Italy, has unfolded across prestigious kitchens around the world. Now, he brings his boundless creativity and innovative techniques to Dubai, promising to redefine the city's culinary landscape.

**As a chef with a diverse culinary background, how do you plan to incorporate elements from your previous experiences into the culinary identity of Zenon?**

At Zenon, I strive to honour traditional flavours while incorporating modern techniques and presentations. This balance allows us to offer a unique dining experience that respects culinary heritage while embracing contemporary trends. Drawing from my experiences in various kitchens around the world, I bring a fusion of flavours and techniques to Zenon's menu. Whether it's infusing Moroccan spices into Italian classics or incorporating Asian-inspired presentations, each dish reflects the culmination of my culinary journey. Additionally, I leverage my expertise in utilizing seasonal ingredients to ensure that every dish at Zenon showcases freshness and quality. I use advanced technology to enhance both the preparation and presentation of our dishes. From precision cooking techniques to interactive dining elements, technology helps us create an immersive and memorable dining experience.

**Could you give us a glimpse into some of the innovative techniques or unique ingredients you use?**

Italian cuisine forms the foundation of my cooking style,

but I've incorporated techniques and flavours from Asian, Moroccan, and Mediterranean cuisines. This blend creates a diverse and rich culinary palette in my dishes. For example, I might use sous vide cooking to achieve precise results in meat or fish dishes, and infuse foams or airs to add texture and visual appeal to create unexpected flavour combinations. Additionally, I'm passionate about exploring unique ingredients sourced globally, such as rare spices, exotic fruits, or artisanal cheeses, which add depth and complexity to our culinary creations at Zenon.

**What inspires you when curating a menu and what factors do you consider when designing dishes that will leave a lasting impression on diners?**

My creative process involves continuous exploration and experimentation. I draw inspiration from seasonal ingredients, global culinary trends, and feedback from my team and guests to keep our menu fresh and innovative. Each dish is meticulously crafted to evoke a sensory experience that captivates diners and leaves a lasting impression. I consider factors such as the balance of flavours, visual presentation, and storytelling behind the dish to create a cohesive and memorable dining experience. Whether it's reimagining classic dishes with a modern twist or introducing entirely new flavour combinations, I aim to ignite curiosity and delight the palate of our guests at Zenon.

**You've described your mission as continually pushing the boundaries of gastronomy. What can diners expect from your interpretation of "epicurean magic" at Zenon?**

I hope guests leave Zenon with a sense of awe and satisfaction, having experienced a unique blend of traditional and innovative flavours in a luxurious and technologically advanced setting. Our interpretation of "epicurean magic" goes beyond the plate, encompassing every aspect of the dining experience. From the moment guests enter the restaurant to the last bite of dessert, they are immersed in a culinary journey that tantalizes the senses and transcends expectations. Whether it's the theatrical presentation of dishes, interactive dining elements, or personalized touches, every detail is orchestrated to create moments of culinary delight and enchantment at Zenon.

**Are there any collaborations or partnerships on the horizon that you're particularly excited about?**

My goal is to keep pushing the boundaries of innovation while staying true to the essence of traditional flavours. While there are no specific collaborations or partnerships to announce at the moment, I'm always open to opportunities that allow me to collaborate with like-minded culinary professionals, artisans, and purveyors. Whether it's participating in guest chef events, collaborating with local farmers and producers, or partnering with innovative technology companies, I'm excited about the potential for future collaborations that will elevate the dining experience at Zenon and beyond.



# NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East

## SMEG INTRODUCES 3-YEAR WARRANTY



Upgrade your kitchen this season with SMEG's built-in appliances, offering unparalleled style and reliability for your home. The renowned Italian home appliance manufacturer known for its "Technology with Style" products, is now offering UAE customers a 3-year warranty on its extensive range of built-in appliances, for a limited time. SMEG's award-winning Dolce Stil Novo range, vintage Victoria Series, and renowned Classica Series provide designs that cater to diverse aesthetic preferences and budgets. Distributed by Better Life across the UAE, SMEG has quickly become a leading brand in the premium home and kitchen appliance segment. The flagship Dolce Stil Novo series uniquely combines functionality with aesthetics, featuring noble materials, monochromatic surfaces, and copper and stainless-steel trims.

*Discover this exclusive range at Better Life stores and leading home appliance retailers, or shop online at [www.betterlifeuae.com](http://www.betterlifeuae.com).*

**THIS  
MONTH  
WE  
LOVE...**

## Butter by the Dozen

Butter by the Dozen, led by Founder and Chief Baking Officer Asma Jabri, introduces a delightful array of artisanal cookies, offering classic flavours such as Valrhona® chocolate chip, Peanut butter, and Nutella, freshly baked in-house daily using Danish butter and Asma's signature browning technique for a rich, nutty flavour.

*Visit Instagram ([@butter.dxb](https://www.instagram.com/butter.dxb)).*





## Edible Flora

Greeneration, a cutting-edge vertical farm in Dubai, has expanded its offerings to include locally grown premium edible flowers, leaves, microgreens, and rare products, catering to the HoReCa industry with top-quality, flavourful ingredients directly from the farm. The new selection features Wood Sorrel (Oxalis leaves), Shiso Green, Red Shiso, Lemon Verbena, Golden Pea, Huacatay, Balsamina, and Torenia, each chosen for its unique flavours, and textures. Shiso, an Asian classic, brings cumin-like fragrances with mint, while Oxalis leaves offer a tangy sweetness perfect for desserts or savoury dishes. Lemon Verbena provides a refreshing citrus flavour ideal for cold drinks, and flowers like Balsamina add visual appeal, with Torenia serving as an elegant vessel for creams or sauces. Greeneration cultivates over 70 varieties of microgreens, leaves, rare crops, and edible flowers using advanced hydroponic technology in a meticulously controlled environment. With a HACCP-certified 7-star growing system, the farm supplies more than 1,000 of the UAE's finest restaurants, ensuring unparalleled freshness with same-day cutting and guaranteed one-day delivery, a first in the UAE.

Visit [greeneration.ae](http://greeneration.ae).

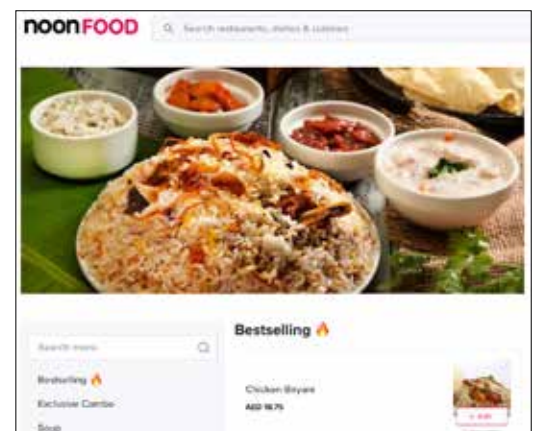


Enjoy hassle-free baking and cooking with the all-new Thermomix® Sensor. Extending Thermomix's renowned success guarantee and Guided Cooking experience beyond the TM6, the Thermomix® Sensor offers a foolproof, intuitive way to monitor and control cooking processes. Say goodbye to guesswork with this smart thermometer, which accurately senses the core and ambient temperatures of your food for precise cooking. Key features include dual sensors, seamless integration with the TM6 screen, and versatile usage in the oven, pan, and grill. With Bluetooth® connectivity for seamless integration with the TM6 and smartphones via the Cooking Center app, the Thermomix® Sensor transforms guesswork into precision, enabling confident culinary adventures.

Visit [thermomix-me.com/product/thermomix-sensor](http://thermomix-me.com/product/thermomix-sensor)

## Transforming the UAE culinary scene

noon Food has joined forces with the UAE Restaurants Group (UAERG), a prominent network of food and beverage industry professionals dedicated to enhancing the country's culinary scene. This strategic partnership aims to empower restaurants by offering UAERG members exclusive benefits, such as a dedicated helpline and account managers, waived platform fees, access to working capital, and support with recruitment through a student apprenticeship program, all in line with noon Food's commitment to fairness and transparency.





# Flavours of the *month*

What's hot and happening  
around town this month

## AMAZÓNICO DUBAI

Explore the new Amazónico Brunch brimming with vibrant Latin American flavours and premium beverages. Music is central to the brunch, featuring electrotropical beats from a resident DJ, live performances by a percussionist and trumpeter, and an after-party. The curated menu includes diverse options such as sushi starters, Baby chicken, Sea bass romesco, and delectable desserts like Dulce de leche milk cake and Pina rostizada, ensuring a delightful experience for every palate.

Every Saturday, from 12:30-4pm. From AED595 per person. Visit [website](#).



## APRONS AND HAMMERS BEACH HOUSE

This renowned homegrown concept established in 2011 aboard a traditional dhow, has set sail for a new location, bringing its signature "fun-dining" experience to Shoreline 10. The destination offers a culinary journey along the American coastline, featuring poke bowls evocative of Hawaii and maki rolls and Cioppino showcasing the rich seafood flavours of San Francisco. The venue offers a complete seaside escape, perfect for families and groups seeking a fun and vibrant atmosphere.

Contact +97156 238 1677.



Photographs SUPPLIED

Amazónico Dubai





### THE LANA, DORCHESTER COLLECTION

The Gallery offers a sophisticated Afternoon Tea experience, featuring a wide selection of teas prepared by certified tea sommeliers, including a traditional matcha tea ceremony. Guests can enjoy an array of traditional finger sandwiches such as Smoked Scottish salmon, Truffle egg, Slow-roasted wagyu beef, and Coronation chicken. The menu also includes freshly baked scones with Devon clotted cream and Chef Angelo Musa's signature jams, along with pastries like Chouquettes, Vanilla roll cake, and Laminated coffee brioche. During warmer months, guests can enjoy refreshing iced teas and homemade lemonades prepared tableside.

Visit [dorchestercollection.com/dubai/the-lana/dining/the-gallery](https://dorchestercollection.com/dubai/the-lana/dining/the-gallery).



### DEMON DUCK

Banyan Tree Dubai's restaurant introduces its enticing Demon Dim Sum Nights, inviting guests to embark on a culinary adventure. The menu emphasises a communal dining experience, showcasing a diverse selection of dim sum classics with innovative twists. Highlights star dishes like Chicken & black truffle fun gao and Wagyu short rib gyoza, alongside seafood delights such as Spicy Hokkaido scallop siu mai and Shrimp har gow. For a sumptuous indulgence, options like Duck gyoza with miso and foie gras or Wasabi prawn toast are available, while vegetarians can enjoy the Wild mushroom fun gao and Cheese & onion puff.

Thursday, from 7-10pm. From AED288 per person. Contact +9714 556 6466.



### LA PETITE BRASSERIE

Park Hyatt Dubai introduces La Petite Brasserie, offering a delightful experience with its gastronomic treats, relaxed interiors, and lively ambience. Located at the iconic Brasserie Du Park, the venue invites patrons to enjoy laid-back French dining in an elegant setting, with a menu featuring authentic French delicacies such as Wagyu tartare, Hamburger des champs, and Hazelnut filo mille feuille.

Contact +9714 602 1814.





### LI'BRASIL

Book your spot at the new Rio De Beirut brunch, offering guests an unforgettable journey from Rio de Janeiro to Beirut through flavours, music, and entertainment. The menu features traditional Lebanese sharing food with a Brazilian twist, including Bocados, Hot mezze, and the show-stopping Li'Brasil churrasco with lamb racks, Chicken kabab, and Jumbo prawns, enhanced by live cooking stations and an interactive Meat trolley experience.

Saturday, from 5-8pm and 8:30-11:30pm. From AED390 per person. Contact +9714 879 8866.



### 3 FILS

As summer begins, the renowned restaurant presents a special seasonal menu featuring returning favourites that have delighted diners. Highlights include Zucchini bombs, with zucchini flowers stuffed with prawns and scallops in oyster sauce and sesame oil, served with sweet Kombu ghee. Another standout is the Tamagotoro nigiri + caviar, combining otoro nigiri with caviar, a fried quail egg, and sweet nikiri sauce. For indulgence, the Toro croissant + caviar is topped with Kabosu sour cream, mashed avocado, Japanese Bluefin tuna, and Kaluga caviar, while other notable dishes include Hamachi nori tempura and Shake don, a layered bowl of torched ponzu mayo, Norwegian salmon, chukka wakame, oba leaf, and sushi rice.

Visit Instagram (@3.fils).



### BULL & BEAR

Experience the essence of New York glamour with Waldorf Astoria Dubai International Financial Centre's new Saturday brunch at Bull & Bear. The brunch features a four-course menu with delights such as Dibba Bay oysters, Brooklyn burrata, Beef meat polpette, and Prawn cocktail, complemented by sweet treats from the dessert trolley. The experience is further enriched with live jazz performances, including a singer-guitarist, saxophone player, and a resident DJ spinning deep house jazzy tunes, capturing the spirit of New York's roaring 20s.

Every Saturday, from 1-4pm. From AED355 per person. Email [bullandbear@waldorfastoria.com](mailto:bullandbear@waldorfastoria.com).



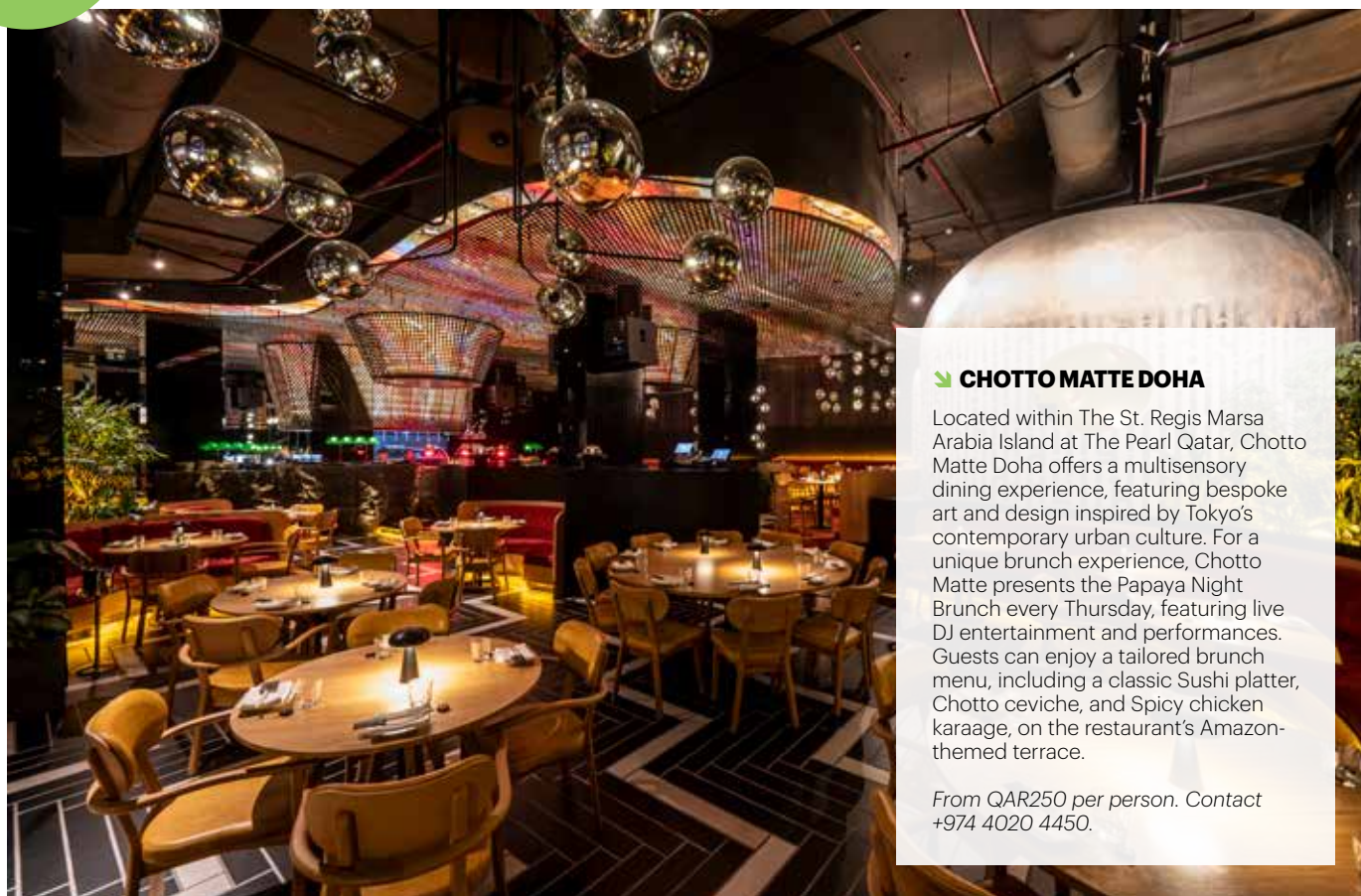
### ➤ SALAMA

Rooted in Moroccan culinary heritage and French Riviera glamour, Salama has launched its first GCC restaurant on Al Maha Island, Doha. Chef Ramdane Djebbari presents a menu of modern Moroccan cuisine featuring reinvented salads, briouates, pastillas, tagines, and Jospier-grilled meats, complemented by a bar serving arabesque-inspired beverages.

Contact +974 51 11 00 20.



GCC



### ➤ CHOTTO MATTE DOHA

Located within The St. Regis Marsa Arabia Island at The Pearl Qatar, Chotto Matte Doha offers a multisensory dining experience, featuring bespoke art and design inspired by Tokyo's contemporary urban culture. For a unique brunch experience, Chotto Matte presents the Papaya Night Brunch every Thursday, featuring live DJ entertainment and performances. Guests can enjoy a tailored brunch menu, including a classic Sushi platter, Chotto ceviche, and Spicy chicken karaage, on the restaurant's Amazon-themed terrace.

From QAR250 per person. Contact +974 4020 4450.



# Tried & tasted

Our top dining experiences this month

## RONIN

Perched on the ninth floor of the newly-launched FIVE LUXE resort, this fine dining destination is inspired by the rebellious spirit of the masterless samurai warrior Ronin. The restaurant features striking hand-painted murals with samurai and folklore motifs, creating a bold and unconventional atmosphere. Led by award-winning Chef Sin Keun Choi, the culinary team crafts artistic Japanese delights that blend culinary excellence with playful defiance.

The restaurant's true highlight is its expansive outdoor terrace, which provides panoramic views of the Arabian Gulf and Palm Jumeirah. This breathtaking backdrop enhances the dining experience, allowing diners to savour both the culinary artistry and the stunning scenery.

## The highlights

After exploring the menu with the help of our server's recommendations, we ordered the Tuna crispy, which offered a playful

combination of a crisp tortilla cradling black truffle, onion, and a touch of Maldon salt, cut through by the sharp bite of horseradish. This was beautifully balanced by the A5 Wagyu caviar carpaccio, a luxurious display of melt-in-your-mouth Wagyu A5 delicately flavoured with kizami wasabi (grated wasabi) and mustard. The surprise came with the addition of sea urchin and caviar, adding a touch of briny richness to the dish. Miso brioche bread served alongside provided a subtly sweet and savoury complement.

The hot starters continued the exploration of contrasting elements. The Ebi prawn presented a refreshing combination of creamy avocado, cool cucumber, and tempura shrimp, all elevated by the pops of tobiko (flying fish roe) and a garnish of chives. Finally, the Wagyu truffle gyoza arrived, each dumpling filled with a rich wagyu filling and bathed in a luxurious truffle ponzu butter sauce.



For our main courses, we opted for the Warayaki Wagyu karubi, a dish that was both visually impressive and intensely flavourful. The smoked Wagyu short rib was a masterpiece of tender meat, perfectly complemented by the bold galbi sauce and the refreshing crunch of kimchi. Leeks finished with a BBQ miso glaze added a touch of smokiness and sweetness.

The star of the show, however, was the Chilli butter lobster. The succulent lobster meat was enveloped in a rich and complex garlic lobster bisque curry, with hints of lime adding a refreshing touch. Crispy shallots provided a textural contrast, and the miso brioche bread once again served as the perfect accompaniment.

Our experience concluded with indulgent Miso molten chocolate cake complemented by vanilla ice cream and a hazelnut crunch, followed by a refreshing Yuzu Hokkaido cheesecake with a light, creamy base and zesty sugared yuzu skin.

## Book now

Contact +9714 275 9999 or visit [luxejbr.fivehotelsandresorts.com/eat-drink/ronin](https://luxejbr.fivehotelsandresorts.com/eat-drink/ronin).







## ANDALIMAN

The homegrown addition to One&Only The Za'abeel, presents a gateway to Indonesia. The restaurant's design, featuring water features, frangipani trees, and thoughtfully crafted interiors, transports diners to the tropical essence of the world's largest archipelago. Andaliman sets itself apart from generic hotel dining by positioning itself as a culinary storyteller, capturing the vibrant spirit of Jakarta's street food scene through woven rope trellises, bold colours, and a blend of tradition with contemporary touches.

The open kitchen at Andaliman serves as the restaurant's centrepiece, providing a live culinary performance by skilled chefs. Teak furniture offers a rustic vibe, coupled with views of the cascading pool and traditional Balinese carvings that add heritage to the ambience. Gallery-style artwork reflects the personal connection of the restaurant's owner to Indonesia, enhancing the storytelling aspect.

### The highlights

The venue offers a vibrant and welcoming atmosphere from the moment you step through the door. The open kitchen allows diners to be enveloped in the enticing aromas of Indonesian cuisine, whetting their appetites before they even take a seat.

The thoughtfully curated menu is a guide through the diverse culinary landscape of Indonesia. Divided into distinct sections – "Sambal," "Satu" (appetizers), "Dua"



(slow-cooked dishes), "Tiga" (wok specialties), "Empat" (coconut husk grilled dishes), and "Lima" (desserts) – it caters to every craving.

Our meal began with refreshing coconut water and a delightful exploration of the Sambal section. Andaliman boasts a dedicated "sambal sommelier" who expertly guided us through their eight unique varieties, each showcasing a distinct blend of chillies, spices, and aromatics. We sampled the classic Sambal Andaliman, the fiery Sambal rica-rica, the smoky Sambal terong, and several others, each adding its unique personality to the dishes that followed.

For appetizers, we revelled in the Pastel ayam, a savoury Indonesian "empanada" filled with chicken, vegetables, and glass



noodles. The mains lived up to the promise set by the starters. The Beef rendang, featuring slow-braised Australian Angus beef cheek in a fragrant coconut milk curry, was melt-in-your-mouth perfection. The Nasi goreng teri kampoeng offered a playful contrast with its medley of textures – anchovies, pickled vegetables, and melty omelette alongside fluffy egg-fried rice.

For a sweet ending, we indulged in two contrasting desserts. The Chocolate fondant, a reimagined Indonesian chocolate tart, surprised us with its rich dark chocolate ganache and tangy mango filling. The Es tung-tung, on the other hand, offered a refreshing and lighter option with its pandan coconut and black rice ice cream.

### Book now

Contact +9714 666 1617 or visit [oneandonlyresorts.com/one-zaabeel/dining/andaliman](https://oneandonlyresorts.com/one-zaabeel/dining/andaliman).

# Milk: The Versatile Ingredient

Milk has been a staple in kitchens worldwide for centuries, prized for its versatility, rich nutritional profile, and ability to enhance the flavour and texture of numerous dishes. From the classic cow's milk to a variety of plant-based alternatives, the options available today cater to a wide range of dietary needs and culinary preferences. Let's explore the various types of milk and its best uses in cooking.



## Cow's Milk

This is the classic choice for a reason, having been a dietary staple for centuries across diverse cultures. Renowned for its balanced nutritional profile, cow's milk provides essential nutrients such as calcium, protein, and vitamins D and B12, which are crucial for bone health, muscle function, and overall growth. Its versatility is unparalleled, finding its place in everything from a comforting glass of milk to a key ingredient in a wide array of recipes, including creamy sauces, baked goods, and dairy products like cheese and yoghurt.



### Types:

**Whole milk:** Contains about 3.25% fat. It's the richest and creamiest option, retaining all its natural fats.

**Reduced-fat milk:** Features 2% fat content, offering a balance between richness and lower fat intake.

**Low-fat milk:** Known as 1% milk because of its fat content, it provides a lighter option with less fat but still retains some creaminess.

**Skim milk:** Also called fat-free milk, it contains less than 0.5% fat. It's the leanest variety, with a thinner consistency and lower calorie count.

**Lactose-Free milk:** Available in various fat percentages, this milk is treated to remove lactose, making it suitable for those with lactose intolerance.







**Organic milk:** Produced from cows raised on organic feed without synthetic pesticides or antibiotics. It can come in any fat percentage.

**A2 milk:** Contains only the A2 beta-casein protein, which some find easier to digest, as opposed to the more common A1 beta-casein protein found in regular cow's milk. A2 milk is gaining popularity and is now widely available in many countries.

**Raw milk:** Unpasteurized and unhomogenised milk, which retains all its natural enzymes and bacteria. It's controversial and regulated in many areas due to safety concerns.



#### Baking

Cow milk's fat content makes it ideal for creating moist cakes and pastries.

#### Cooking

Sauces, soups, and casseroles benefit from its creamy texture.

#### Drinking and cereal

Its balanced flavour and texture make it apt for a refreshing glass or morning cereal.



## Goat's Milk

Goat's milk is a gluten-free alternative that contains less lactose and two main types of proteins: casein and whey, similar to cow's milk. However, the specific types and proportions of these proteins can differ. Goat's milk is rich in medium-chain

fatty acids, which are metabolised quickly, providing a quick source of energy. Additionally, the lower levels of alpha-S1 casein in goat's milk make it easier to digest and less likely to cause allergic reactions compared to cow's milk.

### Best for:

#### Cheesemaking

Its distinct flavour is perfect for making cheeses such as chèvre and feta, known for their creamy texture and tangy notes.

#### Baking

Adds a unique, slightly tangy taste to cakes and breads.

#### Smoothies

Enhances creaminess while providing a unique flavour profile, making smoothies richer and more satisfying.



#### Salads and appetisers

Crumbled goat cheese adds a creamy element to a dish.

#### Cooking

Melts beautifully in dishes like gratins, tarts and pasta.



# Plant-Based Milks

These varieties have become a staple in many households, offering a diverse range of options for those seeking dairy alternatives. Plant-based milks bring unique flavours, textures, and nutritional benefits. Here's an overview of some popular plant-based milks:



## Almond milk

Light and slightly nutty with a smooth texture. Almond milk is rich in vitamin E and often fortified with calcium and vitamin D.

### Best for:

Smoothies, cereal, and light baking. Its nutty flavour complements sweet dishes.

## Soy Milk

One of the most popular plant-based milk alternatives, known for its high protein content and nutritional benefits. Made from soybeans, it offers a creamy texture and mild flavour that makes it versatile for various culinary applications.

### Best for:

Savoury dishes, baking, and as a coffee creamer. Its neutral flavour and creamy texture make it versatile.

## Oat Milk

This variety has surged in popularity in recent years as a plant-based alternative to dairy milk. Made from a mixture of oats and water, it has gained traction due to its creamy texture, mild flavour, and suitability for various dietary preferences, including vegan and lactose-free diets. Oats are naturally rich in fibre, which can contribute to digestive health. Oat milk is often touted as more

environmentally friendly than dairy milk, as oats require less water and land to produce compared to dairy cattle. However, like other plant-based milk alternatives, the environmental



impact can vary depending on factors like agricultural practices and processing methods.

### Best for:

Coffee and tea - it can be frothed for use in cappuccinos and lattes, though its performance in this regard can vary between brands. Works well for baking and creamy soups.

## Coconut Milk

Rich in various nutrients, including vitamins B, C and E, and minerals such as iron, magnesium, potassium, and phosphorus. It's also a good source of healthy fats, primarily saturated fats, which are mainly in the form of medium-chain triglycerides (MCTs).

MCTs are known for their potential health benefits, including being easily digestible and potentially boosting metabolism.

### Best for:

Curries, smoothies, and tropical desserts. Its rich, creamy texture and distinctive flavour are perfect for Asian and Caribbean cuisines.

## Rice Milk

A dairy-free alternative made from milled rice and water, it's a popular choice for individuals with dairy allergies or lactose intolerance, as well as those following vegan or plant-based diets. Naturally sweet, low in fat, and often fortified with vitamins and minerals.

### Best for:

Light baking and cooking, smoothies, and with cereal.







# Waste less milk

Each month, we highlight an ingredient that's often thrown away, giving you tips on how to store it for longer and use it up

**1** If you only have a little bit to use up, you can add a splash to an egg wash to make it go further, or whisk a bit into your scrambled eggs. Adding milk to mashed potatoes also gives it a great richness and texture.



**5** If you don't have any buttermilk to hand for baking, you can make your own by adding 1 tbsp lemon juice to every 250ml milk. Stir and leave for 5-10 mins until it looks thickened and curdled, then stir. You can scale this up or down.

**2** Freeze it. Pour into an airtight container and leave room at the top, as milk expands when frozen. It can turn yellow and separate when defrosted – just shake it to bring it back together. Or freeze it in ice cube trays to add to smoothies or sauces.



**6** The lactic acid in milk helps to tenderise meat, so why not use it as a marinade for chicken, or add to a stew along with other liquids.

**3** Is your bolognese or soup too salty? Milk works wonders if you've been a bit overzealous with the seasoning, just add a good glug to reduce the saltiness and balance the flavours.

**7** Use leftover milk to make a white sauce or béchamel. It will keep in the fridge for up to a week or freeze for up to three months. Defrost in the fridge overnight and reheat in a saucepan, whisking well to bring it back together.

**4** Why not have a go at making your own cheese if you have a lot of whole milk to use up. Paneer is surprisingly easy to make, check out our recipe online.



**8** Regularly check the temperature of your fridge to ensure it is running as cold as you need it to be, and try not to store milk in the door as that is the warmest part of the fridge.



## MAKE YOUR OWN BUTTER

If you have double cream left over, use it to make your own butter. Pour into a food processor and blend the cream until it separates into a solid with liquid at the bottom. With clean hands, squeeze the butter over the sieve to force out any more buttermilk, and work into a ball. 'Wash' the butter in a bowl of ice-cold water to get rid of any residual buttermilk. Beat in a big pinch of salt. *Will keep covered and chilled for up to a week.*





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# easy

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**midweek meals**  
weeknight one-pots p20



**1 base**  
3 meals p31



midweek meals

COOK  
SMART

# weeknight one-pots

Keep washing-up to a minimum with these all-in-one dinners, perfect for busy days

*recipes* HELENA BUSIAKIEWICZ *photographs* KATE WHITAKER

Spicy tofu stir-fry





Toasted orzo with  
cherry tomatoes



## Toasted orzo with cherry tomatoes

*Toasting the orzo before adding the stock brings a lovely nutty flavour to this dish, but if you're short on time you can skip this step.*

**SERVES 2** **PREP 10 mins**  
**COOK 25 mins** **EASY** **V**

150g orzo  
2 tbsp olive oil  
250g cherry tomatoes  
2 large garlic cloves, finely chopped  
½ tsp chilli flakes  
500ml low-sodium vegetable stock  
10g basil leaves, torn

**125g ball mozzarella, to serve (optional)**

**1** Put a large, deep, lidded frying pan on a medium heat. Once hot, tip in the orzo and dry-toast for 5-6 mins, stirring frequently to get an even colour. Once it turns a toasty brown colour, tip into a heatproof bowl and set aside.  
**2** Pour the oil into the pan. Once hot, add the cherry tomatoes and cook for 8-10 mins until blistered and the juices begin to release. Scrape in the garlic and chilli flakes, and cook for 2 mins until softened. Tip the toasted orzo back into the pan and

mix well. Season lightly with salt and pepper, then pour over the stock. Bring to a boil, then reduce to a simmer and cook with the lid on for 20 mins.

**3** Remove from the heat, then stir in most of the basil. Tear the mozzarella into pieces and scatter over the orzo, if using, along with the remaining basil. Serve straightaway with a grinding of black pepper, if you like.

**GOOD TO KNOW** healthy • vegan • low cal • fibre • 1 of 5-a-day  
**PER SERVING** 438 kcals • fat 13g • saturates 2g • carbs 64g • sugars 7g • fibre 7g • protein 12g • salt 0.7g

## Spicy tofu stir-fry

*This lightly spiced veggie stir-fry is low-effort, and given that there's little washing-up to do afterwards, it's ideal for the end of a busy day.*

**SERVES 4** **PREP 10 mins**  
**COOK 25 mins** **EASY** **V**

50ml low-sodium soy sauce  
½ tbsp sesame oil  
2 tsp honey or agave  
½-1 tsp chilli flakes  
1 tsp cornflour  
280g firm tofu, cut into cubes  
1½ tbsp vegetable oil  
2 carrots, thinly sliced on the diagonal  
250g broccoli, cut into florets

**2 garlic cloves, finely sliced**  
**10g ginger, finely sliced**  
**300g straight-to-wok rice noodles**  
**10g coriander, roughly chopped**

**1** Mix the soy sauce, sesame oil, honey and chilli flakes in a small bowl, then pour a little out into another small bowl and mix well with the cornflour to combine. Stir this back into the bowl with the rest of the sauce. Set aside.  
**2** Pat the tofu dry and season well. Put a wok or large frying pan over high heat. Once hot, pour in 1 tbsp of the vegetable oil and fry the tofu on all sides until golden, around 5-8 mins. Remove to a plate and set aside.

**3** Heat the remaining ½ tbsp oil in the pan, then fry the carrots and broccoli, stirring constantly, for 4-5 mins, adding a splash of water towards the end. Stir through the garlic and ginger, and cook for a further few minutes until fragrant.

**4** Add another splash of water to cook through the vegetables, then toss in the noodles, fried tofu, sauce and most of the coriander. Mix well.  
**5** Divide the noodles between four bowls and serve with the remaining chopped coriander sprinkled over.

**GOOD TO KNOW** low cal • calcium • fibre • vit c • 1 of 5-a-day  
**PER SERVING** 482 kcals • fat 11g • saturates 2g • carbs 73g • sugars 8g • fibre 7g • protein 19g • salt 1.3g



## Pearl couscous salad with hot smoked trout & buttermilk dressing

*You can have this elegant yet filling salad on the table in just 20 minutes – a great dinner option as the weather warms up.*

**SERVES 4** **PREP** 10 mins  
**COOK** 10 mins **EASY**

200g pearl couscous  
100g radishes, sliced  
1 cucumber, seeds scraped out and sliced into half-moons  
1 green apple, thinly sliced into matchsticks  
150g hot smoked trout or salmon, flaked into chunks

### For the dressing

150g buttermilk or low-fat natural yogurt  
1 lemon, zested and juiced  
10g chives, finely chopped  
10g basil, roughly chopped  
½ tbsp Dijon mustard

**1** Cook the pearl couscous following pack instructions, then drain well and rinse with cold water. Dry the pan, then mix all the dressing ingredients in it and season well. Tip in the prepared veg and apple along with the couscous. Mix well and check for seasoning.

**2** Spread out on a platter and flake the smoked trout over the top. *Will keep chilled for up to two days.*

**GOOD TO KNOW** low fat • low cal • vit c • 2 of 5-a-day  
**PER SERVING** 286 kcal • fat 6g • saturates 1g • carbs 39g • sugars 6g • fibre 3g • protein 17g • salt 1.4g

## use it up

### Buttermilk pancakes

Sift 100g plain flour, 2 tsp baking powder and ½ tsp bicarb into a bowl. Whisk in 1 tbsp caster sugar and a pinch of salt. Separate 2 eggs. Mix the yolks into the batter with 250ml leftover buttermilk. Whisk the whites to stiff peaks, then fold through the batter. Cook for a few minutes on each side in a non-stick frying pan, then serve with seasonal fruit and some maple syrup. Serves 4.







## Spring onion & ginger crispy chicken rice pot

*Inspired by Hainanese chicken rice, this one-pot is finished with crispy chilli oil, but you can also use your favourite hot sauce.*

**SERVES 4 PREP 10 mins**  
**COOK 35 mins EASY**

2 tbsp vegetable oil  
4 skin-on, bone-in chicken thighs  
8 spring onions, roughly chopped  
3 garlic cloves, finely chopped  
15g ginger, cut into fine matchsticks  
200g basmati rice, rinsed  
650ml low-sodium vegetable stock  
10g coriander, leaves picked, or  
roughly chopped  
crispy chilli oil, to serve

**1** Heat the oven to 200C/180C fan/gas 4. Pour 1 tbsp of the vegetable oil in a large casserole dish with a lid. Once hot, season the chicken thighs with salt, then cook skin-side down for 5-6 mins until deeply golden. Remove from the pan and set aside (it shouldn't be cooked through yet).  
**2** Pour in the remaining 1 tbsp of vegetable oil, then tip in the spring onions, garlic and ginger. Cook on a medium heat for 4-5 mins until softened and golden around the edges. Tip in the rice and stir to coat in the oil. Pour in the stock, then put the chicken on top of the rice, skin-side up.  
**3** Put the lid on the casserole dish then put in the oven for 20 mins. Remove from the oven and sprinkle

over the coriander and crispy chilli oil to serve.

**GOOD TO KNOW** low cal

**PER SERVING** 361 kcal • fat 13g • saturates 2g •  
carbs 44g • sugars 3g • fibre 2g • protein 15g • salt 0.5g



## use it up

### Ginger shots

Blend 60g  
leftover ginger  
with 400ml  
apple juice  
and the juice  
of ½ lemon.  
Strain through a  
sieve and serve.  
Serves 4-6.



## Smoky mushroom & chickpea fajitas with charred spring onion salsa

**SERVES 4** **PREP** 10 mins

**COOK** 30 mins **EASY** **V**

8 spring onions, ends removed  
3 tbsp olive oil  
10g chives, finely chopped  
1 lime, juiced  
1 red onion, sliced  
250g chestnut mushrooms  
2 garlic cloves, sliced  
1 tsp chipotle paste (optional)  
400g can chickpeas, drained  
1 tbsp fajita seasoning  
low-fat natural yogurt, to serve  
8 wholemeal tortilla wraps, to serve  
grated cheddar, to serve

**1** Toast the spring onions for 5-6 mins in a large, dry frying pan, turning frequently, until charred. Remove from the pan, leave to cool slightly, then roughly chop. Mix with 2 tbsp of the oil, the chives and lime juice. Season and set aside.

**2** Pour the remaining 1 tbsp oil into the frying pan. Tip in the onion and mushrooms, and cook for 10-12 mins over a medium heat until golden. Stir in the garlic, chipotle paste, if using and chickpeas, and cook for 5 mins until piping hot.

**3** Add the fajita seasoning and a splash of water, then mix well. Serve straight from the pan with the yogurt, wraps, cheddar and spring onion salsa on the side.

**GOOD TO KNOW** fibre • 2 of 5-a-day

**PER SERVING** 537 kcal • fat 17g • saturates 4g

• carbs 72g • sugars 8g • fibre 14g • protein 18g • salt 1.5g



### use it up

#### Chipotle chicken

Mix **2 tsp leftover chipotle paste** with **5 tbsp yogurt** and seasoning. Mix in **2 chopped chicken breasts** and leave to marinate for 2 hrs. Thread onto skewers, then cook under a hot grill until cooked through. Serve with **pittas**. Serves 2.







# Air-fry...





...in 30 minutes

Fast and fabulous  
recipes from **Nathan  
Anthony's** new book  
*Bored of Lunch*



## Easy filthy fries

*I am cheating by using frozen chips to make these. It's a great shortcut if you're in a bit of a rush and it's perfectly okay to reach into the freezer on those days when you don't have quite as much energy. It's also worth noting that air-fried frozen chips taste phenomenal, even more so when paired with a chorizo crumb, soured cream and hot sauce.*

**SERVES 4 PREP 10 mins**

**COOK 15-20 mins EASY**

500g frozen chips (gluten-free if necessary)  
low-calorie oil spray, for frying  
1 tbsp Cajun seasoning  
80g soft chorizo, crumbled (or you can use bacon bits)  
1 tbsp low-fat butter  
2 garlic cloves, minced  
2 tbsp parmesan, grated  
4 tbsp soured cream

hot sauce of choice, to serve  
small handful of fresh chives, chopped  
handful of sliced pickled red onions

**1** Spray the chips with the oil in the air-fryer basket and sprinkle over the Cajun seasoning, giving them a good shake to coat. Air-fry for 12 mins at 200C for thin chips and 15-20 mins for thick-cut.

**2** Around 5 mins before the chips are ready, toss in the crumbled chorizo or bacon bits.

**3** Meanwhile, melt the butter in the microwave on high for 1 minute with the minced garlic cloves.

**4** Once the chips are cooked, toss them in the garlic butter, sprinkle over the parmesan, then top with soured cream, hot sauce, chives and pickled red onions.

**GOOD TO KNOW** gluten free

**PER SERVING** 345 kcal • fat 19g • saturates 8g •  
carbs 31g • sugars 3g • fibre 4g • protein 11g •  
salt 1.5g



Recipes extracted from *Bored of Lunch Healthy Air Fryer: 30 Minute Meals* by Nathan Anthony, (Ebury Press) and not retested by us. Copyright © Nathan Anthony 2024. Photography © Dan Jones 2024.

## Sticky sesame chicken

*A healthier, lighter way to enjoy a takeaway favourite, this is great with egg noodles and some steamed pak choi.*

**SERVES 2 PREP 10 mins**

**COOK 20 mins EASY**

3-4 tbsp cornflour  
1 tsp garlic granules  
1 tsp onion granules  
1 tsp Chinese five-spice  
300g chicken breasts, cut into bite-size chunks  
1 egg, beaten  
low-calorie oil spray, for frying

**For the sauce**

1 tsp sesame oil  
2 tbsp soy sauce  
3 tbsp honey  
2 tbsp sweet chilli sauce  
1 tsp rice wine vinegar  
½ tsp Chinese five-spice

2 tbsp sriracha  
1 tbsp garlic purée  
1 tbsp ginger purée

**To serve**

1 tbsp white sesame seeds  
2 spring onions, chopped  
2 red chillies, finely diced

**1** Combine the cornflour and spices in a bowl. Coat the chicken in the beaten egg, then in the spiced cornflour mix. Spray well with the oil and air-fry for 14 mins at 200C.

**2** Mix together the sauce ingredients in a bowl.

**3** When the chicken is cooked, pour the sauce over the chicken and air-fry for a further 2-3 mins until the sauce thickens.

**4** Once cooked, serve garnished with the sesame seeds, chopped spring onions and red chillies.

**PER SERVING** 517 kcal • fat 12g • saturates 2g •  
carbs 62g • sugars 40g • fibre 1g • protein 39g •  
salt 4.6g







## Sticky hoisin meatballs

*Great with rice or noodles, these sticky meatballs are perfect for a quick dinner when you have no energy to cook.*

**SERVES 4 PREP 15 mins**

**COOK 15 mins EASY**

### For the meatballs

500g lean beef mince  
1 tbsp panko breadcrumbs  
1 egg  
1 tsp ginger purée  
1 tsp garlic purée  
low-calorie oil spray, for frying

### For the sauce

3 tbsp hoisin sauce  
2 tbsp honey  
1 tbsp smooth orange juice  
1 tbsp rice wine vinegar  
1 tbsp sriracha  
1 tsp ground ginger  
1 tbsp dark soy sauce

### To serve

cooked egg noodles  
or boiled or  
air-fried rice

julienned cucumber and/or carrot  
fresh green chilli, finely chopped  
1 tsp black and white sesame seeds

- 1** In a bowl, mix together all the meatball ingredients, except the oil spray, and then roll into balls.
- 2** Put the meatballs in the air-fryer basket and spray with oil. Air-fry for 8-10 mins at 200C.
- 3** Mix together the sauce ingredients, then drizzle over the meatballs, stirring to coat. Cook for a further 3-4 mins, or until the sauce is reduced and sticky.

- 4** Serve with the noodles or rice and vegetables, with the green chilli and sesame seeds sprinkled over the top.



Nathan Anthony is a cook and author from Northern Ireland who started his blog, Bored of Lunch, during lockdown which grew to reach millions of followers. The best-selling book is out now and you can catch Nathan at the Good Food Show Summer, 13-16 June. [X](#) [@boredoflunch](#)



# 1 base 3 meals

Roast a chicken on Sunday, then you can turn it into three speedy weeknight meals

recipes AILSA BURT photographs HANNAH TAYLOR-EDDINGTON

COOK  
SMART

Prep ahead



## THE BASE

### Roast chicken

**MAKES** 800-900g shredded meat

**PREP** 20 mins plus at least 1 hr resting

**COOK** 1 hr **EASY**

1 whole chicken, around 2kg  
1 lemon, halved  
small bunch of thyme  
1 garlic bulb, separated into skin-on cloves  
2 tbsp olive oil  
75g butter, melted

**1** Pat the chicken dry all over and sit in a roasting tray. Combine 1 tbsp salt and 1 tsp ground pepper, then rub all over the chicken, getting under the skin and being careful not to rip it. Stuff the cavity

with the lemon halves and most of the thyme sprigs. Scatter the remaining thyme and the garlic in the roasting tin. If you have time, chill overnight in the fridge. If not, leave at room temperature for 1 hr.

**2** Heat the oven to 200C/180C fan/gas 6. Coat the chicken in the olive oil and butter and place back in the roasting tin, breast-side down. Roast for 50 mins to 1 hr. To check if it's cooked, insert a meat thermometer into the thickest part of the breast – it should read 70C,

or pierce the thigh with a skewer and the juices should run clear. Remove from the oven and set aside to cool completely. Use two forks to shred the meat. Remove the skins from garlic and keep chilled in an airtight container along with the roasting juices and shredded chicken. *Will keep chilled for up to four days.*

**GOOD TO KNOW** gluten free

**PER SERVING** 393 kcs • fat 26g • saturates 9g • carbs none • sugars none • fibre 0.1g • protein 39g • salt 2.9g

### GF tip

The roasting juices will separate into fat and juice – save both for the recipes overleaf.





## MEAL 1

### Chicken, green bean & sundried tomato salad with chicken fat croutons

**SERVES 4** **PREP** 15 mins

**COOK** 20 mins **EASY**

300g sourdough or crusty bread, torn into chunks  
3 tbsp leftover chicken fat  
300g green beans, trimmed  
300g leftover chicken, shredded  
75g sundried tomatoes in oil, roughly chopped  
250g vine tomatoes, roughly chopped  
2 roasted garlic cloves, mashed  
1 tbsp wholegrain mustard  
2 tbsp apple cider vinegar  
1 tsp honey  
4 tbsp sundried tomato oil or olive oil  
small handful of parsley, finely chopped

**1** Heat the oven to 200C/180C fan/gas 6. Combine the bread pieces and chicken fat in a roasting tin with a pinch of seasoning. Roast for 15-20 mins until crisp, then set aside to cool slightly.

**2** Meanwhile, bring a pan of salted water to a boil and tip in the green beans, bring to a boil again and cook for 2-3 mins until just tender. Drain well and tip into a bowl of ice-cold water for 10 mins. Drain and dry the beans.

**3** Mix together the green beans, chicken, sundried tomatoes, vine tomatoes and croutons in a large bowl. Combine the roasted garlic, mustard, vinegar, honey and olive oil, then season to taste. Drizzle over the salad, toss well and season if needed. Serve on a platter with the parsley scattered over the top.

**GOOD TO KNOW** folate · fibre · vit c · iron ·  
2 of 5-a-day

**PER SERVING** 674 kcal · fat 36g · saturates 9g ·  
carbs 52g · sugars 16g · fibre 8g · protein 31g ·  
salt 2.8g



## MEAL 2

### Creamy spinach, basil & chicken pasta

**SERVES** 4 **PREP** 15 mins

**COOK** 25 mins **EASY**

300g long pasta (we used mafaldine)

2 tbsp leftover chicken fat

1 onion, finely chopped

1 red chilli, finely chopped, or 1 tsp chilli flakes

4 leftover roasted garlic cloves, mashed

2 tbsp tomato purée

200ml non-alcoholic white wine

300g spinach

200-300g leftover chicken, shredded (from the recipe on p59)

½ lemon, juiced

small handful of basil, leaves chopped into fine ribbons

200g crème fraîche

**1** Cook the pasta following pack instructions and reserve a mugful of the cooking water. Heat the leftover chicken fat in a large frying pan over a medium-high heat. Stir in the onion and cook for 8-10 mins until softened. Mix in the chilli, garlic and tomato purée, then cook for a further 5 mins until the purée has caramelised. Pour in the non-alcoholic wine and simmer for 2-3 mins until almost completely reduced.

**2** Mix in the spinach and leftover chicken along with a splash of the reserved cooking water. Cook for 3-4 mins until the chicken is heated through, then squeeze in some lemon juice, and add most of the basil, the crème fraîche and cooked pasta. Mix in a splash of cooking liquid to bring it all together, then season to taste, adding more lemon juice if needed. Scatter over the remaining basil to serve.

**GOOD TO KNOW** folate · vit c · 1 of 5-a-day

**PER SERVING** 721 kcal · fat 36g · saturates 18g  
carbs 63g · sugars 7g · fibre 5g · protein 25g · salt 1g







## MEAL 3

### Lemony chicken lentils

**SERVES 4** **PREP** 15 mins

**COOK** 20 mins **EASY**

- 1 head of broccoli, around 400g
- 2 tbsp leftover chicken fat
- 3 leftover roasted garlic cloves, mashed
- 2 anchovy fillets in oil, drained
- 2 x 400g can green lentils, drained and rinsed
- 300g leftover chicken, shredded
- 1 lemon, zested and juiced
- 2 tbsp extra virgin olive oil
- 100g feta, crumbled
- 5g dill, finely chopped

**1** Cut the broccoli florets then the stalk into bite-sized pieces and

keep separate. Heat the leftover chicken fat in a frying pan over a medium-high heat and tip in the broccoli stalks with 100ml water. Bring to a boil and cook for 4 mins. Mix in the florets and cook for a further 3 mins until all the water has evaporated. Mix in the garlic and anchovies and sizzle for 4 mins until the anchovies have dissolved. **2** Tip in the lentils along with the chicken, lemon juice, oil and 3 tbsp water. Cover with a lid and reduce the heat to low. Cook for 5 mins until the chicken is heated through. Serve with the feta, dill and lemon zest scattered over the top.

**GOOD TO KNOW** fibre · vit c · 2 of 5-a-day · gluten free

**PER SERVING** 507 kcal · fat 31g · saturates 10g  
carbs 18g · sugars 3g · fibre 9g · protein 35g · salt 2.2g



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# Sustainable swaps brazil nuts

Some nuts have a high carbon footprint but you can make choices that have less impact on the planet

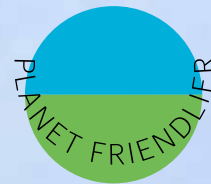
*words and recipes* AILSA BURT *photographs* HANNAH TAYLOR-EDDINGTON

**N**uts form an important part of a healthy and balanced diet. They contain healthy fats, protein and fibre as well as antioxidants and vitamins and minerals. Different types of nuts require different farming techniques and almonds and cashews are notorious for the high water consumption required to grow them.

While nuts can be a more sustainable source of protein than animal protein, you can mix up your consumption of them with different varieties. Brazil nuts are a great choice – almost all of them are grown in the wild in the Amazon basin. Because they have such a synergy with the forest and the bees that pollinate them, it is

very difficult to grow them elsewhere – the nuts only flourish when grown in healthy forests with good coverage for the orchid bees pollinating them. The act of harvesting them also helps protect the forest environment.

In terms of health benefits, a single Brazil provides almost double your daily portion of selenium, and they can be a great model for sustainable food production, as they require little water to grow and are mainly found in the wild, so they are relatively low-maintenance.





## Brazil nut & chocolate flapjacks

*Creamy brazils pair well with the rich dark chocolate in these oaty teatime treats. The cherries are optional but they do add a lovely fruity sweetness.*

**MAKES 12** **PREP 15 mins**  
**COOK 30 mins** **EASY V**

150g salted butter, plus extra for the tin  
3 tbsp golden syrup  
150g light brown soft sugar  
75g dark chocolate, melted  
30g cocoa powder  
300g porridge oats  
100g brazil nuts, roughly chopped  
75g cocktail cherries, roughly chopped (optional)

**1** Heat the oven to 200C/180C fan/gas 6. Butter and line a 20cm square cake tin. Tip the butter, golden syrup, sugar and chocolate into a saucepan and put on a low heat. Stir until the sugar is melted. Pour into a bowl and sift in the cocoa powder, then stir in the oats, nuts, and cherries, if using.

**2** Press into the prepared tin and bake for 20-25 mins until the edges are set. Leave to cool completely in the tin and cut into 12 squares to serve. *Will keep for up to a week in an airtight container – the texture will soften over time for a chewier finish.*

**PER FLAPJACK** 360 kcs • fat 21g • saturates 10g • carbs 36g • sugars 18g • fibre 3g • protein 5g • salt 0.3g



# Quick & clever noodles

Get dinner on the table in 30 minutes or under  
with a budget-friendly storecupboard staple

recipes AILSA BURT photographs HANNAH TAYLOR-EDDINGTON



## Crispy noodle pancake

*Transform noodles into a moreish  
pancake topped with a stir-fry.*

**SERVES 4** **PREP** 9 mins

**COOK** 20 mins **EASY**

400g egg noodles  
1 tsp sesame oil  
2 tbsp vegetable or other  
neutral-tasting oil  
20g ginger, peeled and grated  
2 garlic cloves, crushed  
2 spring onions, finely sliced, white  
and green parts separated  
50ml light soy sauce  
2 tbsp rice vinegar  
2 tsp honey

100ml vegetable stock  
2 tsp cornflour  
450g pack mixed stir-fry vegetables  
300g shelled raw king prawns

**1** Cook the noodles following pack instructions, then drain. Heat the sesame oil and 1 tbsp of the veg oil in a large non-stick frying pan over a medium-high, tip in the noodles and press down using a spatula to form an even disc. Fry for 4-5 mins until the noodles have stuck together, then carefully invert onto a plate. Slide back into the pan, crispy-side up, for 4-5 mins more until golden. Transfer to a baking sheet and keep warm in a low oven.

**2** Mix the ginger, garlic, white parts of the spring onions, soy, vinegar, honey, stock and cornflour in a small bowl. Add the remaining veg oil and the stir-fry veg to the pan, cook for 2 mins, then stir in the prawns. Cook for 2 mins more until the prawns are turning opaque. Stir in the sauce and cook for 2-3 mins until the prawns are cooked and the sauce thickens.

**3** Cut the crispy pancake into wedges. Serve topped with the stir-fry mixture and the green parts of the spring onion.

**GOOD TO KNOW** 1 of 5-a-day

**PER SERVING** 339 kcal • fat 10g • saturates 1g •  
carbs 42g • sugars 11g • fibre 3g • protein 18g  
• salt 2.9g

*Crispy noodle  
pancake*



## Sweet & spicy broccoli noodles

*Pep up this plant-based bowl with sweet chilli sauce and fresh lime.*

**SERVES 2** **PREP** 10 mins  
**COOK** 15 mins **EASY** **V**

200g dried flat rice noodles  
1 tbsp vegetable or other neutral-tasting oil  
1 onion, finely sliced  
1 carrot, cut into matchsticks  
200g long-stemmed broccoli, trimmed and cut into 3cm pieces

2 garlic cloves, finely sliced  
1 red chilli, finely sliced (deseeded, if you like)  
1 tbsp dark soy sauce  
2 tbsp light soy sauce  
1½ tbsp sweet chilli sauce  
1 lime, zested and juiced

### To serve (optional)

1 tbsp crispy chilli oil  
2 tbsp cashews, roughly chopped

**1** Cook the noodles following pack instructions, then drain and rinse under cold running water to prevent them sticking. Heat the oil in a large

frying pan or wok over a medium-high heat and cook the onion, carrot and broccoli for 4-5 mins until starting to brown. Add the garlic and chilli, and cook for 1-2 mins more.

**2** Mix the soy sauces, chilli sauce, lime zest and juice in small bowl, then add to the pan along with the noodles. Toss with tongs to coat everything, then serve topped with chilli oil and cashews, if you like.

**GOOD TO KNOW** vegan • low fat • folate • fibre • vit c

**PER SERVING** 538 kcs • fat 7g • saturates 1g • carbs 98g • sugars 17g • fibre 12g • protein 14g • salt 3.6g

*Sweet & spicy broccoli noodles*

## Kimchi & sesame noodles

*Spicy, tangy kimchi brings umami flavour notes to this veggie dish.*

**SERVES 2** **PREP** 5 mins  
**COOK** 20 mins **EASY** **V**

400g udon noodles  
1 tbsp vegetable or other neutral-tasting oil  
300g mushrooms, finely sliced  
3 tbsp tahini  
1 tbsp sesame seeds  
1 tbsp soy sauce  
200ml vegetable stock  
3 spring onions, finely chopped  
150g kimchi, roughly chopped, plus 1 tbsp liquid from the jar (ensure vegetarian, if needed)  
lime wedges, to serve

*Kimchi & sesame noodles*

**1** Cook the noodles following pack instructions. Drain. Heat the oil in a frying pan or wok over a medium-high heat and fry the mushrooms for 8-10 mins until browned.

**2** Mix the tahini, sesame seeds, soy, stock, most of the spring onions and the kimchi liquid in a small bowl. Remove the pan from the heat, pour in the tahini mixture and stir. If it

splits, keep stirring – it will come back together. Stir in the cooked noodles and kimchi. Serve topped with the remaining spring onions, and the lime wedges on the side for squeezing over.

**GOOD TO KNOW** fibre • 2 of 5-a-day

**PER SERVING** 522 kcs • fat 22g • saturates 3g • carbs 55g • sugars 7g • fibre 10g • protein 21g • salt 3.8g





# Gadget

# genius

sweet & simple

Rustle up enviable small-batch  
bakes and even a showstopping  
pavlova without using the oven

*recipes* SAMUEL GOLDSMITH  
*photographs* KIM LIGHTBODY



## Air-fryer ice cream cookie sandwich

**MAKES 4** **PREP** 20 mins  
**COOK** 15 mins **EASY** **V**

75g butter, softened  
40g light brown soft sugar  
40g caster sugar  
1 tsp vanilla extract  
1 egg  
150g plain flour  
¼ tsp bicarbonate of soda  
100g plain chocolate chips  
4 scoops vanilla ice cream

**1** Heat the air-fryer to 160C. Beat the butter and both sugars together in a bowl until creamy and pale. Mix in the vanilla and the egg, then fold in the flour, bicarbonate of soda and a pinch of salt to form a dough. Fold in the chocolate chips.

**2** Either line your air-fryer basket with foil (this will help the base of the cookies to cook) or use a baking tin that will fit into your air-fryer. Divide the mixture into 8 balls and arrange in the tin or lined basket spaced apart (you may need to do this in batches). Bake for 12-15 mins until golden. Check the underneath of the cookie is crisp and cooked through, then leave to cool.

**3** Put a scoop of ice cream between two cookies to make an ice cream sandwich. You should have enough to make four. *Cookies will keep in an airtight container for three days.*

**PER SERVING** 606 kcals • fat 29g • saturates 17g •  
carbs 76g • sugars 48g • fibre 2g • protein 8g •  
salt 0.7g







## Air-fryer pavlova

**SERVES** 6-8 **PREP** 15 mins  
**COOK** 1 hr 35 mins **EASY** **V**

3 egg whites (freeze the yolks for another recipe)  
185g caster sugar  
½ tsp vanilla extract  
½ tsp white wine vinegar  
½ tsp cornflour  
400g seasonal fruit, chopped into bitesize pieces  
1 tbsp icing sugar  
250ml double cream

**1** Heat the air-fryer to 120C. Line the air-fryer basket or an air-fryer baking tin with baking parchment. Cut into a circle to fit neatly.

**2** Whisk the egg whites until they form stiff peaks, then whisk in the sugar, a spoonful at a time, until each spoonful is combined and the meringue looks glossy. Whisk in the vanilla, vinegar and cornflour, then spoon out onto the parchment and create a mound of meringue with a dip in the centre to hold the filling later. (You can also pipe the meringue.) Bake for 20 mins.

**3** Reduce the temperature to 100C. Bake for a further 1 hr-1 hr 15 mins

until the meringue is crisp on the outside (check the bottom as well). Turn off the air-fryer, leaving the pavlova inside to cool completely. Carefully lift out the meringue and put on a platter or plate. *Will keep in an airtight container for a day.*

**4** Before serving, combine the fruit with the icing sugar and leave to macerate for at least 20 mins. Whip the cream to soft peaks, then pile on top of the meringue. Top with the fruit and drizzle over any juice.

**GOOD TO KNOW** vit c • gluten free

**PER SERVING** (8) 292 kcs • fat 17g • saturates 10g • carbs 32g • sugars 32g • fibre 2g • protein 2g • salt 0.1g



**tip**  
If your air-fryer is small, you can make two thirds of the quantities for a smaller pavlova and reduce the cooking time by around 10 minutes.



## Air-fryer scones

**MAKES** 6-8 **PREP** 10 mins

**COOK** 18 mins **EASY** **V**

175g self-raising flour, plus extra for dusting

½ tsp baking powder

50g butter, cut into small cubes

2 tbsp caster sugar

½ tsp vanilla extract

90ml buttermilk or milk

milk, to glaze

jam and clotted cream, to serve

**1** Heat the air-fryer to 180C. Combine the flour and baking powder in a bowl with a pinch of salt, then rub in the butter with your fingertips until the mixture resembles breadcrumbs (you can also do this by pulsing the mixture in a food processor).

**2** Fold in the sugar. Mix the vanilla with the buttermilk or milk in a separate bowl or jug, then mix into the flour, gradually, until you have created a soft dough.

**3** Dust a work surface with flour and tip the dough onto it. Bring into a ball, then flatten slightly until the dough is around 4-5cm deep. Using a 5cm round dough cutter, cut out the scones – you may need to cut out two or three first, then reshape the dough and cut again. Put in the air-fryer basket, brush lightly with milk and bake for 14-18 mins until golden and risen. *Will keep in an airtight container for three days. Warm in the microwave for 30 seconds to soften.* Serve with jam and clotted cream.

**PER SERVING** (8) 153 kcals • fat 6g • saturates 3g • carbs 22g • sugars 6g • fibre 1g • protein 3g • salt 0.5g



# Marvellously marbled

Impress friends and family with this pretty seasonal bake over the long weekend, served with crème fraîche

recipe ANNA GLOVER photograph KATE WHITAKER

## Raspberry & rose marble cake

**SERVES** 8-10 **PREP** 20 mins plus cooling and 1 hr macerating **COOK** 45 mins **EASY** V

200g butter, softened, plus extra for the tin  
200g golden caster sugar  
4 eggs  
200g self-raising flour  
1 tsp baking powder  
2 tbsp milk  
2 tbsp freeze-dried raspberries, blitzed to a powder  
few drops of red or pink food colouring gel  
few drops of rosewater (depending on the strength)  
crème fraîche, to serve  
**For the rose-macerated raspberries**  
100g frozen or fresh raspberries  
25g icing sugar  
drop of rosewater (optional)

**1** Heat the oven to 180C/160C fan/gas 4. Butter a 20cm cake tin and line with baking parchment. Beat the butter and sugar together using an electric whisk until pale and fluffy, about 5 mins. Beat in the eggs, one at a time, then fold in the flour, baking powder and milk. (If the mixture starts to split when adding the eggs, add 1 tbsp of the flour with each one.) Scrape half the batter into a second bowl. Stir the raspberry powder and food colouring into one bowl and the rosewater into the other, so you have a bowl of pink berry batter and one of plain rose batter.  
**2** Alternately spoon the batters into the middle of the tin (about 1-2 tbsp each time) until all the batter is used up and it has filled the tin. If the batter is quite thick, gently press in each spoonful to encourage it to the edge. Use a skewer to swirl the batters together to create a marbled effect. Bake for 40-45 mins until golden, risen and a skewer inserted into the middle comes out clean. Cool on a wire rack.  
**3** Meanwhile, put the fresh or frozen berries and icing sugar in a bowl and leave for 1 hr until syrupy. Add a drop of rosewater, if you like. Serve with slices of the cake alongside the crème fraîche.

**PER SERVING** (10) 349 kcal • fat 19g • saturates 11g • carbs 39g  
• sugars 24g • fibre 2g • protein 5g • salt 0.8g

EID  
AL-ADHA





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picnic pie p76

# weekend

Mouthwatering dishes to dig into with your family and friends





# Tom Kerridge's

## fish for friends

EID  
AL-ADHA  
SPECIAL

Make this spiced salmon as an alternative Sunday roast, or any time you're entertaining

*photograph* KATE WHITAKER

**W**hether you're lighting up the barbecue, braving a holiday picnic or just taking your dinner into the garden, in my mind, May marks the start of the outdoor eating season. I love food eaten al fresco – I honestly think the fresh air makes it taste better (or maybe it makes you hungrier!). I've always found it's best to have a bit of flexibility when it comes to

cooking at this time of year – having a few easily adaptable recipes, like this tandoori yogurt salmon, is just the moveable feast I'm after. The yogurt mixture works as well on fish, lamb or chicken as it does on vegetables, and can be cooked in the oven or charred over coals, if the sun decides to shine. Plus, any leftovers can be enjoyed cold as part of a picnic.



Our contributing editor Tom Kerridge is a presenter, chef-owner of restaurants in London and Marlow and cookbook author. You can also listen to Tom on the Good Food Podcast at [goodfood.com/podcast](https://goodfood.com/podcast).  
X @ChefTomKerridge









### Tandoori-spiced salmon

*I wouldn't normally be so specific about the type of chilli powder that goes into a recipe, but the flavour and colour the Kashmiri chilli adds to this marinade makes it well worth seeking out.*

**SERVES 6** **PREP** 20 mins plus marinating **COOK** 20 mins **EASY**

100g Greek-style yogurt  
2 large garlic cloves, finely grated  
thumb-sized piece of ginger, peeled and finely grated  
1 lime, juiced, plus extra lime wedges to serve  
1 tsp Kashmiri chilli powder  
1 tsp ground turmeric  
1 tsp ground cumin  
2 tsp ground coriander  
2 tsp sweet smoked paprika  
1 tsp sunflower oil  
1 whole salmon fillet (about 900g)

#### To serve

handful of coriander leaves, roughly chopped  
1 long green chilli, finely sliced  
naans

**1** Combine the yogurt, garlic, ginger, lime juice, spices and some salt and pepper, then set aside. Drizzle the oil over a baking tray and lay the salmon on top, skin-side down. Spread the yogurt mixture all over the salmon flesh, then cover and chill for at least 20 mins, or up to a few hours, if you have time.

**2** Heat the oven to 240C/220C fan/gas 9. Uncover the salmon and bake on the tray for 20 mins until the marinade is lightly charred and the salmon is just cooked through. Serve directly from the tray or on a platter, scattered with the chopped coriander and sliced chilli, alongside the extra lime wedges and naans, or other sides of your choice (see right).

**GOOD TO KNOW** omega-3 • gluten free  
**PER SERVING** 342 kcal • fat 22g • saturates 5g •  
carbs 1g • sugars 1g • fibre 1g • protein 34g • salt 0.2g

## 4 more ideas

*Try one of these sides to complement your salmon.*

### •Carrot

#### kachumber salad

Halve, seed and dice  
**1 cucumber** and mix with **1 large carrot**, coarsely grated, **1 red onion**, finely chopped, the **juice of 1/2 lemon**, a **handful of chopped mint** and **1 tbsp olive oil**. Season and serve.

### •Quick tomato chutney

Toss together **200g cherry tomatoes**, finely chopped, **1 small onion**, finely chopped, **1 green chilli**, finely chopped and **1 tbsp ketchup**.

### •Perfect pilau

Rinse **300g basmati rice** under cold water

until the water runs clear. Melt **30g butter** in a saucepan and fry **1 chopped onion** for 10 mins until golden. Stir in the rice and **1/2 tsp ground turmeric**. Pour in **500ml vegetable stock**. Cover, bring to the boil, turn off the heat and leave to stand for 15 mins. Fluff the rice with a fork and serve.

### •Green dressing

Blitz **200ml Greek-style yogurt**, a **large handful of coriander leaves**, **1 tsp cumin seeds** and a squeeze of **lemon juice** in a food processor to combine. Season and serve.



# LIVING FOR THE *long weekend*

Make the most of your holidays  
with irresistible recipes to share  
amongst friends

*recipes* GOOD FOOD TEAM *photographs* MYLES NEW





# Chicken schnitzel caesar salad

*Combine the flavours of a green goddess salad and a classic caesar with the textures of crispy chicken schnitzel – this feels special enough for entertaining, but also makes a great early summer dinner.*

**Helena Busiakiewicz**

**SERVES 4 PREP 25 mins**

**COOK 15 mins EASY**

1 avocado, peeled, stoned and halved  
30g basil  
1 jalapeño pepper (deseeded, if you like)  
1 lemon, juiced  
1 tsp sherry vinegar  
3 tbsp extra virgin olive oil  
3 tbsp natural yogurt  
2 large chicken breasts  
3 tbsp flour  
1 egg, beaten  
70g panko breadcrumbs  
1½ tsp onion granules  
1 tsp nigella seeds  
1 tsp sesame seeds  
3 tbsp vegetable oil

2 romaine lettuces  
1 crisp eating apple, peeled, cored and sliced into matchsticks  
80g radishes, thinly sliced  
150g sugar snap peas, sliced in half through the peas  
**For the parmesan & anchovy croutons**  
150g sourdough, torn into chunks  
2 tbsp olive oil  
2 jarred anchovy fillets, drained  
20g parmesan, grated

**1** Scoop the avocado flesh into a high-powered blender, then add the basil, jalapeño, lemon juice, vinegar, olive oil and natural yogurt. Season well and blitz, slowing adding 50ml water until the mixture is fully smooth. Add another splash of water if it's very thick – it should be pourable. Chill until needed.

**2** For the croutons, heat the oven to 200C/180C fan/gas 6. Scatter the bread chunks over a baking tray lined with baking parchment.

Heat the olive oil in a small pan on a low heat and cook the anchovies until they have melted into the oil. Pour this over the croutons, then season with black pepper and a little salt. Bake for 10 mins, then scatter over the

parmesan and return to the oven for 5-6 mins more until golden and crisp. Set aside.

**3** Put the chicken breasts on a board and halve through the middle so you have four thin chicken fillets. Tip the flour into a shallow bowl, then pour the egg into a second and the breadcrumbs into a third. Stir the onion granules, nigella and sesame seeds into the breadcrumbs. Dip the chicken into the flour, then the egg and finally the breadcrumb mix, turning to coat, then transfer to a tray lined with baking parchment.

**4** Heat the vegetable oil in a large frying pan over a medium heat and cook the chicken for 3-4 mins each side until golden and cooked through. Remove to a plate lined with kitchen paper to drain, then cut into chunks on the diagonal.

**5** Separate the leaves from one of the romaine lettuces and use to line a large platter. Chop the second lettuce into large chunks, tip into a large bowl and mix with the apple, radishes, sugar snap peas, and most of the dressing and croutons. Toss to combine. Spoon the salad over the lettuce leaves, scatter over the remaining croutons and serve with the rest of the dressing on the side.

**GOOD TO KNOW** calcium • folate • fibre • vit c • iron • 3 of 5-a-day

**PER SERVING** 739 kcs • fat 38g • saturates 7g • carbs 53g • sugars 11g • fibre 9g • protein 41g • salt 1.4g







Combine your  
favourite salads



# Mango & passion fruit curd sunshine tart

*As well as its vibrant colour, the tropical flavours of this tart evoke summer. Serve as is with a dusting of icing sugar, or decorate with extra mango, passion fruit, toasted coconut and fresh mint. Anna Glover*

**SERVES 8** **PREP** 30 mins plus at least 2 hrs 40 mins chilling and cooling  
**COOK** 55 mins **EASY** **V**

300g mango chunks (about 1 large mango, prepared)  
5 egg yolks (see tip, right)  
100g caster sugar  
60g butter, melted  
1 lime, zested and juiced  
2 passion fruit, pulp scooped out  
**For the pastry**  
300g plain flour, plus extra for dusting  
150g cold butter, cut into cubes  
2 tbsp caster sugar  
**To decorate (optional)**  
1 mango cheek, cut into thin slices  
small handful of coconut flakes, toasted  
small handful of mint leaves  
1 passion fruit, pulp scooped out

**1** First, make the pastry. Put the flour, butter and sugar in a food processor, and blitz until the mixture resembles breadcrumbs. Add 5-6 tbsp cold water, and pulse

again until it comes together in a ball. Wrap and chill for 30 mins.  
**2** Roll the pastry out on a lightly floured surface until 3mm thick. Use to line a 23cm loose-bottomed tart tin, leaving some overhanging. Chill for 10 mins. Heat the oven to 200C/180C fan/gas 6. Line the pastry case with a sheet of baking parchment, then fill with baking beans. Put the tin on a baking sheet and bake for 15 mins, then remove the beans and parchment and bake for 5-10 mins more until the pastry is dry and lightly golden. Trim the excess using a serrated knife.

**3** For the filling, blitz the mango chunks to a smooth purée using a hand blender, then add the egg yolks, sugar, melted butter, lime zest and juice, then blitz again until smooth. Stir through the passion fruit pulp to combine.

**4** Pour the filling into the baked pastry case, then return to the oven for 30-35 mins (still on the baking sheet) until the filling is set with a slight wobble. Check the tart after

25 mins – the curd will set from the outside in, so give the tin a gentle shake to see if it's still liquid in the middle. If so, continue baking until set. Leave to cool to room temperature, then chill for 2-3 hrs until fully set.

**5** If you want to decorate the tart, arrange the mango slices around the edge so they're slightly overlapping, then scatter over the coconut flakes and mint leaves, and spoon over the passion fruit pulp. *Will keep chilled for up to three days.*

**GOOD TO KNOW** vit c

**PER SERVING** (8) 471 kcal • fat 26g • saturates 15g • carbs 52g • sugars 24g • fibre 3g • protein 6g • salt 0.5g



**tip**

## Waste less

Freeze egg whites in an airtight container for up to three months and make soufflés, mousse or meringue. Any extra mango can be frozen in chunks to blitz into smoothies or breakfast bowls.





*Slice of summer*



# Mortadella, burrata & pistachio pesto ciabatta

*You'll find mortadella on the counter of Italian delis or in supermarkets – it's often studded with pistachios. If you're taking this sandwich on a picnic, it benefits from being pressed for a few hours, but if you want to enjoy it at home, you can tuck in straightaway. Cassie Best*

**SERVES 4** **PREP** 15-20 mins plus  
at least 30 mins chilling

**NO COOK EASY**

1 ciabatta loaf  
8 slices of mortadella  
2 burrata or mozzarella balls, drained,  
patted dry and torn into chunks  
50g pitted green olives,  
roughly chopped  
60g rocket  
olive oil, for drizzling

#### For the pesto

1 small garlic clove  
50g shelled pistachios  
30g basil  
30g parmesan, broken into chunks  
or grated  
1 lemon, zested, plus ½ juiced  
5-6 tbsp extra virgin olive oil

**1** First, make the pesto. Peel the garlic clove and blitz with the rest of the pesto ingredients in a food processor until smooth and bright green. Season with salt and chill until needed. *Will keep chilled for up to a week.*

**2** Slice the ciabatta in half through the equator and toast the cut sides under a hot grill for a few minutes until lightly charred. Spread the pesto evenly over the top, then arrange the mortadella, burrata, olives and rocket over the base and drizzle over a little olive oil. Sandwich with the top of the loaf, wrap firmly in baking parchment and secure with kitchen string.

**3** For best results, put the sandwich in the fridge and top with a chopping board and a few heavy cans to press it down. Chill for at least 30 mins, or overnight. Cut into four pieces to serve.

**GOOD TO KNOW** calcium

**PER SERVING** 700 kcals • fat 48g • saturates 17g •  
carbs 36g • sugars 3g • fibre 4g • protein 29g •  
salt 2.4g



#### Waste less

If you have any leftover pesto, it can be tossed through spaghetti, or spooned over a pizza.





*Pack a special picnic!*





# Coffee, caramel & hazelnut traybake

*If you're making this for children, you can simply omit the coffee in the cake and icing.* **Barney Desmazery**

**CUTS** into 16 rectangles or 32 small squares **PREP** 30 mins plus cooling  
**COOK** 35 mins **EASY V**

200g butter, softened, plus extra for the tin  
200g peeled hazelnuts, toasted (see tip, right)  
200g self-raising flour  
1 tsp baking powder  
150g light soft brown sugar  
200g canned caramel or dulce de leche  
2 tbsp strong coffee (use espresso, or 1 tbsp instant coffee granules mixed with 2 tbsp boiling water)  
½ tsp vanilla extract  
4 eggs  
**For the icing**  
200g canned caramel or dulce de leche  
75g butter, softened  
150g icing sugar, sieved  
2 tbsp strong coffee (use espresso, or 1 tbsp instant coffee granules mixed with 2 tbsp boiling water)

**1** Heat the oven to 180C/160C fan/gas 4. Butter a deep 20 x 30cm rectangular baking tin and line with baking parchment. Tip 150g of the hazelnuts into a food processor and blitz until finely chopped, then tip in the flour, baking powder and a pinch of sea salt, and blitz again until blended as finely as possible.

**2** Tip the softened butter and brown sugar into a bowl and beat using an electric whisk until combined. Beat in the caramel, coffee and vanilla, then add the eggs, one at a time, beating between each addition. Beat in the dry ingredients until everything is incorporated, then scrape the batter into the prepared tin and level the surface using a spatula. Bake for 30-35 mins, or until the top springs back when gently pressed and a skewer inserted into the middle comes out clean. Cool completely in the tin.

**3** To make the icing, beat the caramel, butter and icing sugar together in a bowl using an electric whisk until smooth, then add the coffee. If the icing is very loose, chill for 30 mins until firm but

spreadable. Turn the cooled cake out onto a large plate or board, then spread over the icing using a small offset palette knife. Roughly chop the remaining 50g hazelnuts and scatter these over the top, then cut the cake into 16 rectangles or 32 squares. *Will keep in an airtight container for up to three days.*

**PER SERVING (16)** 442 kcals • fat 27g • saturates 11g • carbs 42g • sugars 32g • fibre 2g • protein 7g • salt 0.6g



**tip**

## Toasted hazelnuts

You can buy peeled toasted hazelnuts for ease, but by toasting your own, you can create an even nuttier flavour. Heat the oven to 200C/180C fan/gas 6. Scatter the nuts over a baking tray and roast for 5 mins until light brown (if they're not already peeled, the skins should be coming loose at this stage). To remove the skins, tip the nuts into a sieve and shake around, then pick out the peeled nuts and discard the skins.







Bite-sized  
treats



save sunday lunch

# Celebrate Father's Day



Budget-conscious cook **Miguel Barclay** shares recipes for treating dad, including a clever substitute for parmentier potatoes

*photographs* KIM LIGHTBODY



Chef, presenter and author, Miguel Barclay has appeared on *Saturday Kitchen* on BBC One and BBC Two's *Right On The Money*. As well as creating the #onepoundmeals phenomenon, he's written seven best-selling cookbooks @miguelbarclay







**M**y favourite part of Father's Day is the surprise card my son Charlie will have been 'secretly' making at school, while also giving me an in-depth daily update about it. Although it costs nothing, to me, this is something that money can't buy, and I keep them all in a box.

Sitting around the table and enjoying a special meal with my family on Father's Day is a memory I'll cherish forever. But, celebrating Father's Day doesn't have to be expensive. By avoiding costly cuts of meat and doing something a bit inventive with some polenta, I have managed to create a

very tasty menu that will be enjoyed by the whole family. Maybe those chips will be referred to as the 'special daddy's day chips' – imagine how exciting that would be, your own house chip! And, the pudding looks like you've spent a summer in France learning the arts of the pâtissier, but it's just some shop-bought puff pastry and peaches. I really enjoy cooking big, special meals, so this is an opportunity for me to spend the afternoon pottering around in the kitchen preparing a late lunch for about 3pm – sort of like on Christmas Day, but more relaxed and with less sugar.

## Pork chop with creamy leeks

**SERVES 4 PREP 10 mins**  
**COOK 15 mins EASY** 

4 thick-cut pork chops  
2 tsp olive oil  
2 large leeks, cut into  
1cm-thick discs  
300ml single cream  
50g parmesan, grated

**1** Heat the oven to 180C/160C fan/gas 4. Season the pork chops, then fry in a large frying pan over a medium heat for 2-3 mins on each side until nicely coloured. Transfer to a baking tray and finish in the oven for 8-12 mins until cooked through (timings depend on the thickness of the chops). Check they're cooked by inserting a knife into the thickest part – the juices should run clear.

**2** Meanwhile, heat the oil in a frying pan or saucepan over a medium heat and cook the leeks for 3-4 mins until softened and slightly charred. Add the cream, bring to a simmer and cook for 1 min. Remove from the heat and mix in the grated parmesan. Season to taste. Serve the pork with the creamy leeks and polenta chips (see recipe, right).

**GOOD TO KNOW** 1 of 5-a-day • gluten free  
**PER SERVING** 481 kcal • fat 38g • saturates 18g •  
carbs 4g • sugars 3g • fibre 2g • protein 29g •  
salt 0.4g

## Parmentier polenta chips

**SERVES 4 PREP 10 mins plus 1 hr**  
**cooling COOK 25 mins EASY** 

250g polenta  
4 tbsp olive oil  
2 large rosemary sprigs (about  
5cm long), needles picked and  
finely chopped

**1** Tip the polenta and 1.2 litres water into a deep saucepan and bring to the boil, stirring continuously. Season. Cook for 10 mins until the polenta is the consistency of mashed potato. Pour into a square, flat-bottomed dish – the polenta should be about 2cm thick. Chill for 1 hr-1 hr 30 mins until set, then cut into 2 x 2cm squares.

**2** Heat the oven to 180C/160C fan/gas 4. Put the polenta cubes on a baking tray, drizzle over the oil and bake for 30-35 mins until golden.

**3** Mix the chopped rosemary with a large pinch of salt, then sprinkle this over the polenta chips.

**GOOD TO KNOW** vegan • gluten free  
**PER SERVING** 145 kcal • fat 11g • saturates 2g •  
carbs 9g • sugars none • fibre 1g • protein 1g •  
salt 0.9g

## Peach tarte tatin

**SERVES 4 PREP 5 mins**  
**COOK 30 mins EASY** 

320g sheet shop-bought  
puff pastry  
30g unsalted butter  
2 tbsp caster sugar  
2 peaches, stoned and sliced  
into 16 wedges each  
vanilla ice cream, to serve (optional)

**1** Heat the oven to 200C/180C fan/gas 4. Use an 18cm ovenproof frying pan as a template to cut out a circle of puff pastry. Melt the butter in the pan over a low heat, stir in the sugar for a few minutes until it has dissolved, then add the peaches. Cook over a medium-high heat for 5 mins until bubbling and the sauce has thickened.

**2** Remove the pan from the heat, then lay the puff pastry circle on top. Carefully tuck the edges in using a tablespoon. Bake for 25 mins, or until the pastry is golden brown. Leave to stand for 2 mins before turning out onto a plate. Serve with ice cream, if you like.

**PER SERVING** 334 kcal • fat 19g • saturates 10g •  
carbs 35g • sugars 14g • fibre 1g • protein 4g • salt 0.4g



**tip**  
Don't waste the scraps of puff pastry – turn them into cinnamon straws. Dust with cinnamon sugar, cut into strips and twist into spirals – don't worry if they're different lengths. Bake at 180C for 10-12 mins until golden brown.











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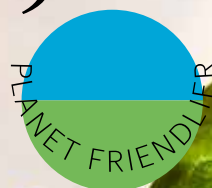
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# Grow it, *cook it*

**Adam Frost** of BBC Gardeners' World shares advice for growing your own greens, spinach and chard, showcased in recipes from our food director **Cassie Best**





# Spinach

*Fast and easy to grow as a cut-and-come-again 'baby leaf' vegetable, or for its larger leaves, you can harvest spinach all year round given the right varieties. It works well in containers, too. Use the mature leaves in a stew or curry and use the raw baby ones in a salad.*

## Vibrant spinach, coconut & paneer curry

*Spinach forms the base of this silky curry, adding an earthy flavour and a vibrant green colour. You can freeze the sauce for a few months, defrosting a portion then adding the paneer or another protein.*

**SERVES 4 PREP 15 mins**

**COOK 30 mins EASY V**

\* sauce only

2 tbsp oil or ghee  
2 medium onions, sliced  
4 garlic cloves, thinly sliced  
1 tbsp ginger purée (roughly a thumb-sized piece)  
small bunch of coriander, stalks finely chopped, leaves picked  
1½ tsp cumin seeds  
1 tsp turmeric  
1 green chilli, thinly sliced  
400g can coconut milk  
200g fresh or frozen spinach  
250g paneer, cut into 2cm cubes  
½ tsp garam masala  
½ lemon, juiced  
cooked rice, to serve

**1** Heat 1 tbsp of the oil or ghee in a large pan over a low-medium heat. Add the onions and sizzle for 15-20 mins until golden brown.  
**2** Stir in the garlic, ginger, coriander stalks and cumin seeds. Turn up the

heat a little and cook for a few minutes, stirring constantly, until the cumin seeds are aromatic, then add the turmeric, ½ the chilli, coconut milk (reserving 2 tbsp to serve) and spinach. If using fresh spinach, you may have to do this in batches, letting each handful wilt before adding the next. Season well, cover with a lid and cook for 5 mins, then remove the lid and bubble for another 5 mins.

**3** Meanwhile, heat the remaining oil or ghee in a frying pan and cook the paneer for 2-3 mins on each side until browned.

**4** Add half of the coriander leaves to the curry along with the garam masala and a squeeze of lemon juice, then take the pan off the heat and use a hand blender to blitz the curry until smooth and vibrant green. Add a splash of water if the sauce is too thick.

**5** Tip the paneer into the curry sauce and bubble for another minute. Serve scattered with the remaining chopped chilli and coriander leaves, then drizzle with the remaining coconut milk and serve with cooked rice.

**GOOD TO KNOW** folate • vit c • 1 of 5-a-day • gluten free

**PER SERVING** 475 kcal • fat 39g • saturates 25g • carbs 10g • sugars 7g • fibre 3g • protein 20g • salt 0.1g





## ADAM'S ADVICE ON GROWING YOUR OWN

### How to grow

- Grow spinach in moist but well-drained soil or compost in partial shade. Sow seeds in a shallow moist drill and cover lightly with soil. Sow spinach successionally every few weeks to ensure a continuous crop. Spinach thrives in fertile soil that doesn't easily dry out. In hot weather, set up temporary shade for your spinach crop to stop the soil drying out and the crop bolting (running to seed). After thinning your sowings to 15cm apart, the most important thing is to keep your spinach well watered. For sowings later in the year, protect your spinach seedlings with fleece or a cloche for a supply through the winter months.

### Harvest

- Spinach is ready to harvest 6-10 weeks after sowing. As a general rule, you can pick summer varieties from May to October and winter ones between October and April. But keep an eye on your crop as spinach usually grows quicker in warmer weather. Cutting back to just above the base of the plant can encourage more leaves to grow for a second crop.



Adam Frost is an award-winning British garden designer and presenter on BBC Two's *Gardeners' World*. He also appears on BBC coverage of the RHS Flower Shows. [@adamfrostdesign](https://www.instagram.com/adamfrostdesign)  
• For more tips on growing your own, visit [gardenersworld.com](https://www.gardenersworld.com)



# Chard

*A delicious alternative to spinach, chard is easy to grow and relatively low-maintenance. Packed with vitamins, the leaves make a colourful addition to stir-fries and soups and very young leaves are great in salads. The stalks can be cooked separately and are equally tasty.*

## Chard, feta & sesame pie with olive oil pastry

*Nutty olive oil pastry marries well with soft, tangy feta. The chard can be swapped out for spinach or spring greens, too.*

**SERVES 8 PREP 30 mins**  
**COOK 1 hr EASY V**

2 tbsp olive oil  
2 leeks or onions, halved lengthways and sliced  
300g swiss or rainbow chard  
4 garlic cloves, crushed  
15g dill, finely chopped  
15g parsley, finely chopped  
15g mint, finely chopped  
1 lemon, zested and juiced  
1 tbsp tahini  
1 tsp sumac  
½ tsp chilli flakes  
200g feta, crumbled  
**For the olive oil pastry**  
400g plain flour  
100ml olive oil  
1 egg, beaten  
2 tbsp sesame seeds

**1** First make the pastry. Weigh the flour into a bowl, add 1 tsp fine salt and drizzle over the olive oil. Mix the oil into the flour using a fork. In a separate bowl, mix the beaten egg with 100ml cold water, set aside 1 tbsp of the mixture for glazing, and pour the rest into the flour. Stir with a cutlery knife until the mixture starts to form clumps, then tip onto your work surface and knead to a dough. It may feel a little crumbly but keep squeezing together until any flaky bits are worked into the dough and you have a smooth ball. Break the dough into two pieces, put back in the bowl and cover with a tea towel. Leave to rest while you prepare the filling.

**2** Heat the oil in a large frying pan. Add the leeks and a pinch of salt, cook over a low-medium heat, stirring occasionally, for around

10 mins, until the leeks collapse and start to caramelise.

**3** Meanwhile, strip the leaves from the chard stalks. Finely chop the stalks and put the leaves in a colander. Pour a kettle of boiled water over the leaves, leave to cool for a minute, then squeeze out as much of the liquid as you can and finely chop.

**4** Stir the garlic and chard stalks into the leeks, cook for 2-3 mins until the stalks have softened, then stir in the chopped leaves. Add the herbs, lemon zest and juice, tahini, sumac and chilli. Cook for 1-2 mins until no liquid remains. Tip the mixture into a bowl and leave to cool.

**5** Mix the feta into the chard and season. *Will keep chilled for a day.*

**6** Heat the oven to 200C/180C fan/gas 6. Put one ball of pastry between two sheets of baking parchment. Gently roll out the pastry until you have a circle, roughly 28cm in diameter and about the thickness of a £1 coin. Remove the top sheet of parchment and lift the pastry onto a baking sheet.

**7** Spoon the cooled chard into the centre of the pastry, leaving a border of about 2cm. Brush a little of the beaten egg and water mixture around the border.

**8** Roll out the second ball of pastry in the same way as the first piece. Carefully lay it over the filling. Roll the pastry edges towards the centre of the pie and crimp the two layers of pastry together to seal. Brush the pie with the egg and water mixture and sprinkle generously with sesame seeds. Cut a few steam holes into the pastry with a sharp knife – a cross in the middle, then slits all around.

**9** Bake for 50 mins-1 hr, until the pastry is deep, golden brown. Leave to cool for 15 mins before eating. *Will keep chilled for two days.*

**GOOD TO KNOW** vit c

**PER SERVING** 428 kcs • fat 23g • saturates 6g • carbs 41g • sugars 2g • fibre 4g • protein 12g • salt 1.5g

## ADAM'S ADVICE ON GROWING YOUR OWN

### How to grow

- Make a shallow drill in well-prepared soil in a sunny spot and sow your swiss chard seeds thinly, approximately 1.5cm deep. Cover the seeds with soil and water well. Sow in rows 40cm apart. You can sow chard from March to September. As the seedlings begin to grow, thin out the plants so they're 25-30cm apart. Water well after thinning. Keep an eye out for pests, but apart from watering, this is an easy vegetable to look after. Sow seeds every few weeks for a continuous crop through the winter months. Swiss chard can be grown successfully in containers and even among your flower borders, where it will complement the colours of late summer flowers.

### Harvest

- Young chard leaves can be eaten fresh – you can use early thinnings for salads. The fully formed leaves will be ready to harvest about 10-12 weeks after sowing, but late summer sowings may take a little longer. Cut individual leaves as you need them and the plant will keep producing new growth.







# Spring greens

*Spring greens are the first cabbages of the year. They have fresh, loose heads without the hard heart of other cabbages. Delicious blanched and tossed in a little butter, stirred through pasta or used in a stir-fry. Spring greens are easy to grow, the only thing you'll have to worry about is the snails getting to them before you do!*

## **Creamy spring greens rigatoni with lemon, bacon & chilli**

*This simple pasta dish teams spring greens with some of its best culinary friends – bacon, cream, lemon and cheese.*

**SERVES 2 PREP 10 mins**

**COOK 20 mins EASY**

150g smoked bacon lardons or pancetta

drizzle of olive oil (optional)

150g spring greens

2 garlic cloves, crushed

pinch of chilli flakes, plus extra to serve

200g rigatoni or any short pasta

100ml double cream

2 egg yolks (freeze the whites for another recipe)

30g parmesan, grated, plus extra to serve

1 lemon, zested and juiced

50g freshly podded or frozen peas

**1** Heat a large pan over a medium heat, tip in the bacon lardons and leave to sizzle for 5 mins until crisp

and some of the fat has rendered into the pan. Add a drizzle of oil if the pan looks dry.

**2** Strip the stalks of the spring greens from the leaves, then finely chop the stalks, roll up the leaves and cut them into ribbons. Add the stalks, garlic and chilli to the bacon lardons in the pan and cook for 2-3 mins to soften.

**3** Meanwhile, bring a large pan of salted water to the boil. Add the pasta and cook following packet instructions. Add the leaves of the greens to the pasta 1 min before the end of the cooking time.

**4** Whisk the cream, egg yolks, parmesan and lemon zest with some seasoning in a jug.

**5** Drain the pasta and greens, reserving a mugful of the starchy water. Tip the pasta and greens into the pan with the bacon mix, then turn the heat to low and pour in the cream mixture. Add the peas, a splash of the reserved pasta water and a squeeze of lemon juice. Cook for a few minutes until the sauce thickens enough to cling to the pasta and the peas are cooked. Serve with more parmesan and chilli flakes sprinkled over, if you like.

**GOOD TO KNOW** folate • vit c • iron • fibre •

1 of 5-a-day

**PER SERVING** 924 kcal • fat 54g • saturates 26g • carbs 69g • sugars 7g • fibre 9g • protein 36g • salt 2.5g



## ADAM'S ADVICE ON GROWING YOUR OWN

### How to grow

- For best results, sow seeds indoors, 2cm deep, in pots or trays, and put on a sunny windowsill. After about five weeks, plant the young cabbages outdoors. Cabbages do best in a sunny spot with moist, alkaline soil that has had plenty of well-rotted organic matter, such as garden compost, added. Grow spring green cabbages 25cm apart, with 30cm between rows. The tried and tested way of planting brassicas, which include cabbage, cauliflower, kale, turnips and brussels sprouts, is to grow them in very firm soil.

### Harvest

- Harvest the young plants in April and May, before the central head of cabbage forms.



## ALSO IN SEASON

### Sorrel

Every month our skills editor **Barney Desmazery** puts the spotlight on an unsung seasonal ingredient.

#### Cultivated sorrel

Like spinach, sorrel is one of the easiest things to grow as the cut leaves grow back quickly. Younger leaves can be eaten raw in salads or larger leaves can be cooked to a purée that goes well with fish, pork or duck, in a quiche filling or soup. Cooked sorrel turns darker green and can be served simply seasoned or shredded and stirred through a cream or butter sauce at the last moment. The sharp taste comes from oxalic acid which, when consumed in large amounts, can be poisonous, but a few handfuls of leaves are fine (unless you suffer from kidney stones in which case avoid sorrel – and rhubarb leaves).

#### Wild sorrel

Being a dock leaf, sorrel can be found in hedgerows from February, producing pink flowers in June. Like all wild plants, you should be fully certain about what you pick or seek expert advice. Sorrel's heart-shaped leaves could easily be mistaken for something less edible.

#### Wood sorrel

Resembling a clover, this variety is often used to garnish restaurant plates. The light green leaf is most common, found on the woodland floor all year round.



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# The Ultimate Dunker Challenge

We love to dunk biscuits in our tea. But which is the Ultimate Dunker? We pitted six favourites against our own recipe to find the winner

**B**iscuit dunking can be an obsession, but there are some things to consider when choosing the best biscuit for the job. It must be delicious, but also can't overpower the flavours of the tea; the two should work in harmony

together. It must also have structural integrity – you don't want it to crumble and fall into the cup (disaster!). We conducted tests on our favourite biscuits to test the 'dunkability' factor. Here are the results, plus recipes for our top dunkers.

*The Good Food dunker*



## The science behind our challenge



*Ginger nut*

**6 dunks**

Soggy, but retained its gingery flavour.



*Fruit shortcake*

**5 dunks**

Dunking impaired the flavour. Soggy.



*Custard cream*

**5 dunks**

Delightful! Biscuit melts in the mouth.



*Chocolate Hobnob*

**16 dunks**

Excellent dunker. Oats give it structure.



*Digestive*

**6 dunks**

Tea brings out the sweetness. A nice dunker.



*Bourbon*

**5 dunks**

A good dunker – buttercream remains solid.



*Good Food dunker*

**7 dunks**

Dunking intensifies the flavour and sweetness.



# The Good Food dunker

*After extensive research, we've created our own dunker, a buttery finger-shaped shortbread sandwich with a malty vanilla buttercream filling. It withstands an impressive seven dunks!* **Helena Busiakiewicz**

**PREP** 15 mins plus 1 hr chilling

**COOK** 20 mins **MAKES** 25

**EASY** \* unbaked

35g porridge oats

225g plain flour

100g cornflour

125g golden caster sugar

200g salted butter, cubed and chilled

2 egg yolks (freeze the whites for another recipe)

**For the buttercream**

100g salted butter, very well softened

½ tbsp malt powder (we used Horlicks)

½ tsp vanilla extract

125g icing sugar

**1** Heat the oven to 180C/160C fan/gas 4. Scatter the oats over a baking sheet and toast in the oven for 8-10 mins, mixing halfway, until golden. Leave to cool completely.

**2** Tip the flour, cornflour and sugar into the bowl of a food processor and pulse to combine. Add the butter and pulse to the texture of breadcrumbs. Pour in the egg yolks and pulse again until the mixture is moist and begins to come together. Add a splash of water if needed.

**3** Turn the dough out onto a work surface and scatter over the cooled toasted oats. Work them into the dough, using your hands, bringing it together into a ball. Split the dough in half and form into two rough squares. Wrap each one in baking parchment and chill for 1 hr.

**4** Heat the oven to 180C/160C fan/gas 4. Remove the dough from the fridge and roll each piece into a rough 30 x 30cm square. Trim away any rough edges. Slice into 3cm wide strips vertically, then turn the dough and slice into 7cm-long biscuits. You should have 50 in total. *Will keep frozen for up to three months.*

**5** Transfer the biscuits to two lined baking trays, spacing them apart slightly, then bake for 12-14 mins or until the edges are lightly golden. Leave to cool on the tray.

**6** Meanwhile, make the buttercream. Beat the butter using a stand mixer or electric beaters on high speed until very pale, about 7 mins. Add the malt powder and vanilla and beat again. Sift in the icing sugar and combine on a low speed. Once fully combined, whizz on high until silky and thick. Transfer to a piping bag.

**7** Turn a biscuit over so you can pipe on the side that was face-down on the tray. Pipe the icing over, then lightly press another biscuit on top. Repeat with the remaining of the biscuits and buttercream. *Best served on the day of baking, but will keep for three days in an airtight container.*

**PER SERVING** 189 kcals • fat 11g • saturates 6g • carbs 22g • sugars 10g • fibre 0.5g • protein 1g • salt 0.2g







*If you prefer a biscuit with a bit of spice...*

## Ginger biscuits

**MAKES 20 PREP 20 mins**

**COOK 10 mins EASY**

100g salted butter, cut into cubes

75g light brown soft sugar

1 tbsp grated fresh ginger

100g golden syrup

250g self-raising flour

1½ tbsp ground ginger

1 tsp bicarbonate of soda

1 egg yolk, beaten (freeze the white for another recipe)

1 Heat the oven to 190C/170C fan/gas 5. Line two large baking trays with baking parchment. In a saucepan over a low heat, melt the

butter and sugar with the grated ginger and golden syrup, then set aside to cool.

2 Mix the flour, ground ginger and bicarbonate of soda together in a bowl using a wooden spoon.

Gradually stir in the cooled syrup mixture and the egg yolk and knead briefly to make a dough.

3 Roll the dough into 20g balls and put on the prepared baking trays leaving 3cm between each. Bake for 8-10 mins until golden brown. Leave to cool on the trays for a minute, then transfer to a wire rack to cool completely. *Will keep for up to a week in an airtight container.*

**PER SERVING** 117 kcal • fat 5g • saturates 3g  
carbs 17g • sugars 8g • fibre 1g • protein 1g • salt 0.3g





*Or for something rich  
and chocolatey...*

### **Black tahini chocolate cookies**

**MAKES 20** **PREP 20 mins**  
**COOK 8 mins** **MORE EFFORT**

50g salted butter, softened  
125g light brown muscovado sugar  
125g golden caster sugar  
1 egg, beaten  
200g self-raising flour  
2 tbsp cocoa powder  
200g milk chocolate, broken into  
chunks  
100g white chocolate, melted,  
for drizzling

#### **For the black tahini**

100g black sesame seeds, plus  
extra for decorating  
100g neutral-tasting oil  
30g maple syrup

**1** First, make the black tahini. Toast the sesame seeds in a small pan over a low heat until fragrant. Transfer to a mini food processor and blitz. Pour in the oil gradually to form a paste. Blitz in the maple syrup. Tip into a small bowl and set aside.

**2** Heat the oven to 180C/160C fan/gas 4 and line two baking sheets with parchment. In a large bowl, beat the butter and sugars together until pale and fluffy. Add the egg, 80g of the black tahini paste and beat to combine. Tip in the flour, cocoa and milk chocolate chunks, and beat until fully incorporated.

**3** Using an ice cream scoop, shape the dough into 20 balls and arrange on the baking sheets well spaced apart. Lightly press down on each.

**4** Bake for 6-8 mins until soft in the middle – they will harden as they cool. Leave to cool on the tray for a few minutes before transferring to wire racks to cool completely.

**5** Once cooled, drizzle white chocolate zigzags all over the cookies and sprinkle extra black sesame seeds on top. *Will keep in an airtight container for three days.*

**PER SERVING** 254 kcal • fat 13g • saturates 5g •  
carbs 29g • sugars 21g • fibre 1g • protein 3g •  
salt 0.2g





# next level picnic pie

Bake this showstopper for a holiday outing or bring-a-dish gathering – you can prep it a day ahead

recipe BARNEY DESMAZERY photograph MAJA SMEND

Reclaim your  
weekend  
Boast your  
skills

*We've combined two picnic classics – the pork pie and the scotch egg – to make this sunny-day centrepiece. There's some skill required, which includes making your own pastry, but the result is something much more impressive than anything you can buy from the shops.*

**SERVES 8-10 PREP 1 hr 15 mins**  
**plus cooling COOK 1 hr 10 mins**  
**MORE EFFORT** ■

400g plain flour, plus extra for dusting  
1 tbsp mustard powder  
100g cold butter, cut into cubes  
100g lard (or use 200g butter), cut into cubes  
1 egg, beaten  
salad and piccalilli, to serve  
**For the filling**  
8 eggs, at room temperature  
1kg sausages, skins removed  
6 smoked back bacon rashers, cut into small pieces  
2 tbsp fresh thyme leaves  
2 pickled onions, finely chopped  
2 garlic cloves, finely grated  
85g sage & onion stuffing mix

**1** For the pastry, tip the flour and mustard powder into a bowl then rub in the butter and lard (if using) with a large pinch of salt until the mixture resembles breadcrumbs. Pour in half the egg and 75ml ice cold water. Use your hands to work the mixture into a rough dough, then knead for a minute or so to bring it together. Cover and chill until needed. *Will keep chilled for up to a day.*

**2** For the filling, bring a pan of salted water to the boil, then add the eggs and cook for 7 mins 30 seconds. Lift out using a slotted spoon into a bowl

of iced water. Once cool, peel the eggs, then trim away some white from the sides (so that every slice of pie gets a bit of yolk), then set aside. Tip the sausage meat into a bowl with the bacon, thyme, pickled onions and garlic, then squash everything together with your hands and season. *Will keep chilled for up to a day.*

**3** To assemble, heat the oven to 200C/180C fan/gas 6 with a sturdy baking tray inside. Roll two thirds of the pastry out to the thickness of 2.8mm on a lightly floured surface and use it to line the base of a 20cm round loose-bottom or springform tin, tucking the pastry into the corners and leaving an overhang. Sprinkle half the stuffing mix over the base, then pack in a third of the sausage mixture. Arrange the eggs in a circle on top with the cut sides touching. Pack over the rest of the sausage mix, filling in any gaps, and scatter over the remaining stuffing.

**4** Brush the edges of the pastry with some of the remaining egg. Roll out the last third of pastry to fit the top of the pie. Drape it over, press the edges together, trim away the excess and crimp with your fingertips. Poke a hole in the middle of the pie, score with the back of a knife and use the excess pastry to make pastry leaves for decoration. Brush the top all over with a little more of the egg, then bake for 50 mins or until a digital cooking thermometer reads over 70C when inserted into the middle. Brush all over with the last of the beaten egg and bake for another 10-15 mins until deep golden. Leave to cool completely in the tin. Serve with salad and piccalilli, if you like.

**PER SERVING** 759 kcs • fat 51g • saturates 21g • carbs 44g • sugars 3g • fibre 5g • protein 27g • salt 2.2g



## Our top tips

### AN EVEN SLICE

By trimming away some of the white from the boiled eggs, you're better placed to get a cross-section of yolk in each slice of pie.

### EXACT EGGS

We've stated a specific boiling time for the eggs so they won't overcook in the oven. After baking the pie, the yolk should have a slightly jammy texture.





Shoot director: RACHEL BAYLY & FREDDIE STEWART |  
Food stylist: ELLIE JARVIS | Stylist: FAYE WEARS

#### NO SOGGY BOTTOM

We've scattered stuffing mix over the base of the pie to soak up the juices, guarding against soggy pastry and adding flavour.

#### TOP TIN

Rather than using a special pie tin, we've used a cake tin, which you're more likely to have, and it gives the pie its iconic tall look.

#### CUT THE MUSTARD?

If you don't have mustard powder to add to the pastry mix, add a spoonful of regular mustard to the filling.

#### DOUBLE GLAZE

For a burnished look, we've brushed the pie with egg twice – once before baking, and again 10 mins before the end of baking.

#### PERFECT PASTRY

We've used both butter for flavour and lard for crumbly texture to make the pastry, but if you don't want to use lard, then the pastry can just as easily be made with all butter.



MELISSA THOMPSON

# Cooks the books

Our columnist takes a deep dive into Mexican cuisine  
with the debut cookbook from Adriana Cavita

recipe ADRIANA CAVITA

“consider cooking as an art form,” writes Adriana Cavita in her debut cookbook. “Fleeting and ephemeral... once it is done, it is gone, but the memory can linger.”

Her book, *Cocina Mexicana*, celebrates that form, acting as a canvas, a stage, a gallery in which this edible art can be appreciated and presented for better understanding.

Few national cuisines capture the imagination quite like Mexican. It's a gastronomy that is as romanticised by those for whom it is everyday fare, as much as it is by those who are newer to it and intoxicated by its rainbow colours, innate freshness and vibrant, eclectic flavours. And it's a fascination that has penetrated national consciousnesses beyond its national borders.

It's taken a while for the UK to catch up though. Our understanding of Mexican cuisine has often been seen through the lens of Tex-Mex, of yellow gooey 'cheese' poured over nachos in the cinema, overloaded burritos from high street chains and jarred salsas that in no way reflect the vibrancy and freshness of Mexican produce.

But that's changing. And while some might argue that it's still difficult to get a decent taco in Britain, chefs such as Adriana have pushed the narrative of proper Mexican food to the forefront and brought with it a deeper appreciation for it. They have shown us how it is done.

In the book Adriana briefly explains the history of Mexico, and of her family, and how the various strands led her to train as a chef. She trained under some of the world's best-known chefs as well as traditional cooks in small Mexican villages before opening her restaurant, Cavita, in London.

She also explains the processes and tools unique to Mexican food. There's nixtamal, the process in which corn kernels are cooked with lime to soften them so

they can be ground and formed into a dough to make tortillas or tamales. Or molcajete, a large mortar made out of volcanic basalt used for grinding spices or vegetables.

The recipes in *Cocina Mexicana* begin with the staples – salsas and sauces, beans, rice and tortillas. They lay the foundation for a meal, and gently urge you to become accustomed with the basics before moving on to dishes that unite the separate components. Breakfast is huge in Mexico and Adriana offers a decent selection of dishes here: huevos rancheros, the hearty dish of beans, eggs and sauces on top of crunchy tortillas, is just one of five egg dishes in the breakfast section.

There are recipes here for the more familiar dishes – baja-style fish tacos look light and delicious, tamales are presented with a how-to guide to show cooks how to fold them, while birria, a spicy meat stew, looks delightful. And then there are those less familiar, to me at least, such as corundas, corn cakes steamed in corn leaves.

The dish I cooked was crème caramel, or flan. It's the first dessert I've made for this column, and a childhood favourite of mine, albeit almost entirely in the form of those plastic pots sold in packs of four in the supermarket dessert section.

It's safe to say Adriana's version will make it very difficult for me to ever look at a supermarket pot in the same way. It was exceptional; light, not too sweet, perfectly smooth. I've never attempted a flan like this before for reasons unknown, but I've already made them twice since and chances are there'll be a third go very soon.

Adriana's cookbook is a real treat that completely immerses the reader in the food she adores and that set her up as a chef. It's a beautiful cuisine with such a rich and vibrant history that deserves more attention than it's had so far.

“

Chefs such as Adriana have pushed the narrative of proper Mexican food to the forefront

”



Melissa runs recipe project Fowl Mouths, striving to drive change in the food industry. She's a vocal advocate for black and minority ethnic people in this field, and in 2022 won the PPA Writer of the Year award for her work on Good Food. Her debut book, *Motherland*, is out now.

✕ @MelissaFood



## Crème caramel

**SERVES 6 PREP 10 mins**  
**COOK 55 mins EASY V**

6 eggs  
240ml condensed milk  
240ml evaporated milk  
240ml whole milk  
1 tbsp vanilla extract  
300g caster or superfine sugar  
**You will also need**  
6 x 8cm glass ramekins

**1** Heat the oven to 180C/160C fan/gas 4. Put all the eggs, all the milk and vanilla extract in a food processor or blender and blitz together for about 1 min.

**2** Tip the sugar into a saucepan with 2 tbsp water. Shake the pan first to half-dissolve the sugar in the water, then cook over a medium heat until you have an amber-coloured caramel.

**3** Once the caramel is ready, pour about a tablespoon into each ramekin – use a metal spoon or pour directly from the saucepan if easier. Leave to cool completely, then pour the cream mixture on top until the ramekins are two-thirds full. Cover each ramekin with foil.

**4** Put the ramekins in a large, deep roasting tin, then put the roasting tin in the middle of the oven and pour in warm water around the ramekins so it comes to about half or two-thirds of the way up the sides of the ramekins. Bake for 40 mins. Alternatively, use the hob instead of the oven. Place a small round metal rack the size of a saucepan into a large pan. Add water to submerge the rack. Place the ramekins on the rack, cover the pan with a lid or foil and put on a medium heat. When the water begins to boil, turn the heat to low and simmer for 40 mins.

**5** Test to see if they are cooked by piercing with a knife; if it comes out clean, they are ready. Leave them to cool, then transfer to the fridge until ready to serve.

**GOOD TO KNOW** gluten free • calcium

**PER SERVING** 518 kcs • fat 14g • saturates 7g • carbs 82g • sugars 82g • fibre none • protein 15g • salt 0.5g



### TWIST IT

**Dulce de leche crème caramel (flan de cajeta)**

Add 120ml dulce de leche to the food processor and blitz along with the rest of the milk in step 1.



Recipe adapted from *Cocina Mexicana* by Adriana Cavita. Photographs by Clare Winfield © Ryland Peters & Small.



# Learn something new

Discover new ways  
with butter and make  
your own kombucha

## Test kitchen secrets

Content creator **Helena Busiakiewicz** explains  
what kombucha is and why it's good for you

Making kombucha is a good kitchen project as it introduces you to the science of fermentation, while being quite a hands-off process. Kombucha is essentially fermented tea. It's made with a symbiotic culture of bacteria and yeast (SCOBY), tea, sugar, plus flavourings. SCOBY looks like something between a chicken breast fillet and a lilypad, but in fact, it's made of cellulose and is a by-product of the tea fermenting with oxygen. It serves as a source of microbes to kick-start fermentation, changing the sugar in the tea to alcohol, then to acetic acid, which produces that tangy taste kombucha is known for.

The kit for making it is minimal – you need a large jar, pressure-safe bottles, the SCOBY (which

you can purchase online), tea towels and elastic bands. Once you start making kombucha, your first SCOBY will likely produce a second very quickly, then that one will create another, so you can share them out.

Kombucha can help support your digestion because it contains probiotic microbes that help maintain good gut health. However, if you have concerns in this area, you should consult a healthcare professional before making dietary changes.

You can find more details on how to make kombucha at [bbcgoodfoodme.com](http://bbcgoodfoodme.com).



## #socialskills

Our tips of the month from social media

### Easy peeling

LA-based food writer [@suzandfood](#) blew our minds with the revelation that swivel blade peelers not only peel when you pull them in a downwards motion, but upwards, too. We'll never be peeling a carrot the old way again! Don't forget to keep any leftover veg peelings to make fritters.

### Straining

Our skills & shows editor [@barney\\_desmazery](#) has taken all the hassle out of straining stocks and broths. Next time you try to hold a plate in place while tipping liquid out of a pan, use a wooden spoon to make life easier. The larger pieces will stay in the pan and smaller debris will fall into the sieve, saving you getting splashed with hot broth.

## Do you really need a spider strainer?

We're all trying to be more eco-friendly in the kitchen, and one way of doing that is to **use a utensil for more than one job**. If cooking with boiling water, use a spider strainer (or slotted spoon) to scoop things out rather than draining the water, so you can use the hot water again to cook something else. This means you're saving water and not using extra energy to boil more. The size of a spider strainer means it's also great for draining pasta and vegetables, as well as its primary use for deep-frying.





# BOSS THE BASICS

## Using butter

Try our four clever cooking hacks to make the most of this fridge staple



### Spread it cold

If your butter is fridge-cold and you want it spreadable, finely grate it onto your bread or toast, then spread it. This also works if you need to soften a small amount of butter quickly to make icing.

### Soften it quickly

If you need a block of softened butter for a recipe, fill a glass with hot water, drain the water and place the glass over the butter. It will soften in mere minutes.



### Brown it gently

To give butter a nuttier flavour, melt some in a small pan until sizzling. When it stops foaming and turns hazelnut brown, remove from the heat and leave to cool. Pour into a container, holding back any white milky liquid. Keep it chilled, then melt again to use in baking, pour over popcorn and veg, or to fry an egg in.

### Clarify it

Ideal for frying (especially in Indian cooking), clarified butter has a higher burn point and won't splutter. Simply melt it, then pour the fat solids into a jar – the milky liquid you're left with is buttermilk, which can be used in baking. Clarified butter can be kept chilled for up to a month.



## How to roast chicken like Iain Ganson

We ask the head chef of the Thames Lido in Reading how to perfect your Sunday roast



The secret to an amazing roast chicken is to buy the best quality you can. Take it out of the fridge an hour before you want to cook it, drizzle with olive oil and season generously, inside and out, with sea salt – probably a little more than you think. If you have one to hand, prick a lemon with a fork and crush 5-6 garlic cloves to put inside the cavity. Roast on a high heat at 220C/200C fan/gas 8 for 15-20 mins (depending on the size) to get the skin crisp,

then turn the oven down to 180C/160C fan/gas 4 to finish cooking. Let it rest for 30 minutes or so. Before bringing it to the table, I always cut out the oysters – the most perfect nuggets of meat – which you'll find where the legs meet the backbone, and I share them with my wife before serving. Once we've eaten, I'll strip all the leftover meat from the bones to use in another dish during the week, then make stock with the bones and any veg trimmings. Perfect!

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family

# Summer of sport

## football feast

If you're gathering around the TV to watch the Euros (14 June-14 July), you'll need a celebratory spread

*recipes* CASSIE BEST *photographs* HANNAH TAYLOR-EDDINGTON





## Snack stadium

Fill the “stands” with any nibbles you fancy – we’ve opted for kids’ favourites, but you could add dips, mini sandwiches or wraps, chicken wings, sausage rolls or other pastries, if you like.

**SERVES** 12-15 **PREP** 30-35 mins

**NO COOK EASY**

500g mini chocolate footballs  
200g cheddar, cut into 1cm cubes  
500g grapes  
6 medium carrots, cut into  
4cm batons  
1 large cucumber, cut into  
4cm batons  
5 celery sticks, cut into 4cm batons  
3 peppers, deseeded and cut into  
4cm strips  
150g crisps of your choice  
100g sweet or salted popcorn  
400g cherry tomatoes  
dips of your choice (optional)

**You’ll also need**

green card (30 x 35cm)  
white acrylic paint and a paint brush,  
or a white paint pen  
2 goals and players, made from  
cardboard (or use mini figures)  
10 small cardboard boxes (16 x 9cm;  
we used kids’ party lunchboxes)

**1** Put the green card on a serving table – it will be hard to move the stadium once assembled, so set it up where you want to serve it. Paint or draw a border around the edges using paint or a paint pen, then paint or draw the halfway line, centre circle and penalty areas. Decorate with the cardboard goals and players or mini figures. (If you’re using chocolate footballs, you can also put one of these on the “pitch”.)

**2** Cut the top flaps off the cardboard boxes so they’re open, then cut diagonally along the sides for a tiered effect – the front of the boxes should be 4-5cm in height (to sit against the pitch) and the back, 10cm. Arrange the boxes around the pitch.

**3** Fill the boxes with the chocolate footballs, cheese cubes, grapes, carrots, cucumbers, celery, peppers, crisps, popcorn, and tomatoes, and serve alongside dips, if you like.

**GOOD TO KNOW** vit c • 2 of 5-a-day

**PER SERVING** (15) 410 kJ • fat 21g • saturates 10g •  
carbs 44g • sugars 28g • fibre 5g • protein 9g • salt 1.1g











## Mini soft pretzels with cheese dip

*If you're hosting a grown-up party, you can swap 100ml milk in the cheese sauce with pale ale.*

**MAKES 12** **PREP** 35 mins plus 1 hr  
30 mins rising **COOK** 40 mins  
**MORE EFFORT**

500g strong white bread flour, plus extra for dusting  
5g fast-action dried yeast  
1 tbsp light brown soft sugar  
50g butter, melted  
vegetable oil, for the baking tray  
2 tbsp bicarbonate of soda  
sea salt flakes or rock salt, for sprinkling

### For the cheese dip

30g unsalted butter  
30g plain flour  
450ml whole milk  
150g extra mature cheddar, grated  
5 cheese slices  
2 tsp Dijon mustard  
¼ tsp smoked paprika

**1** Tip the flour into a large bowl. Add the yeast to one side and the sugar and 2 tsp salt to the other. Mix gently. Add 300ml warm water and the melted butter. Mix into a soft dough.

**2** Tip the dough out onto a clean work surface and knead for 5 mins until soft and springy. Return to the bowl, cover with a tea towel and leave to rise in a warm place for 1 hr.

**3** Divide the dough into 15 equal pieces, then roll each piece into a 45–50cm-long rope. Working with one rope at a time, lay the rope in a U-shape with the curved end facing you. Cross the two ends over each other, then lift them up and press down into the curve of the U-shape. Arrange the pretzels on an oiled baking tray and loosely cover, then leave to rise for 30 mins.

**4** Bring 2–3 litres water to the boil in a large pan and tip in the bicarb. Carefully lower in each pretzel and boil for 30 seconds, then gently turn over using a slotted spoon or fish slice. Boil for another 30 seconds.

(You'll need to do this in batches.)

Arrange the pretzels on baking trays lined with baking parchment. Heat the oven to 200C/180C fan/gas 6. Sprinkle sea salt flakes over the pretzels, then bake for 15–20 mins until golden brown.

**5** Meanwhile, make the dip. Melt the butter in a medium pan over a medium heat and, once foaming, stir in the flour to make a paste. Cook for 1–2 mins, then slowly pour in the milk, whisking continuously until smooth. Bubble for 1–2 mins.

**6** Remove from the heat and stir in the cheeses until the mixture is smooth and thick – return to the heat for 1–2 mins if the cheeses don't melt fully. Stir in the mustard and paprika. *Once cooled, will keep chilled with baking parchment over the surface, for a day. Reheat over a low heat with a splash of milk until piping hot.* Serve immediately with the pretzels.

**PER SERVING** 258 kcs • fat 11g • saturates 7g • carbs 30g • sugars 3g • fibre 1g • protein 9g • salt 1.4g



## Kickin' buffalo chicken nachos

*These fiery chicken nachos have a kick but if you prefer a milder version, replace the hot sauce with smoky barbecue sauce and omit the jalapeños.*

**SERVES** 4-6 **PREP** 15-20 mins

**COOK** 45 mins **EASY**

8 boneless, skinless chicken thighs  
2 tsp vegetable or sunflower oil  
2 tsp smoked paprika  
100ml hot sauce (we used Frank's Red Hot)  
1 tbsp light brown soft sugar  
1 tbsp white wine vinegar  
1 tsp garlic powder  
30g butter, cut into cubes  
200g tortilla chips  
150g grated cheddar and mozzarella mix  
50g pickled sliced jalapeños  
2 avocados, peeled, stoned and cut into cubes  
1 lime, juiced  
handful of coriander, leaves picked  
soured cream, to serve (optional)

**1** Heat the oven to 180C/160C fan/gas 4, or an air-fryer to 180C. Toss the chicken thighs in the oil, paprika and some seasoning, and arrange in a roasting tin. Roast for 25 mins (or cook in the air-fryer for 20 mins) until tender and cooked through.

**2** Meanwhile, tip the hot sauce into a small saucepan with the sugar, vinegar, garlic powder and butter. Bring to a simmer and bubble for 2 mins until smooth and glossy. When the chicken is cooked, roughly shred it using two forks, then toss in the sauce. *Once cooled, will keep chilled for two days.*

**3** Heat the oven to 180C/160C fan/gas 4, if needed. Arrange half the tortilla chips in the bottom of a deep roasting tin (ours was 24 x 30cm). Top with half the shredded buffalo chicken, grated cheese mix and jalapeños. Repeat with the remaining tortillas, chicken, cheese and jalapeños. Bake for 15-20 mins until the cheese has melted.

**4** Toss the avocado in lime juice, then scatter these over the nachos along with coriander leaves. Serve with soured cream, if you like.

**PER SERVING** (6) 509 kcal • fat 35g • saturates 11g • carbs 24g • sugars 5g • fibre 4g • protein 24g • salt 2g





## Football pitch party cake

*Top this easy traybake with mini football figures and flags for super-simple decoration.*

**SERVES** 20-24 **PREP** 30 mins plus cooling **COOK** 25-30 mins **EASY** **V**

200ml vegetable oil, plus extra for the tin

250g plain flour

80g cocoa powder

2½ tsp baking powder

1 tsp bicarbonate of soda

325g light brown soft sugar

250ml natural yogurt

2 tsp vanilla extract

3 eggs

### For the icing

200g butter

500g icing sugar

1-2 tbsp milk

1 tsp vanilla extract

few drops of green food colouring gel

mini football figures and a chocolate football, to decorate (optional)

**1** Heat the oven to 180C/160C fan/gas 4. Oil the base and sides of a 33 x 23cm cake tin (it should be at least 2.5cm deep) and line with baking parchment. Combine the flour, cocoa powder, baking powder, bicarbonate of soda, the sugar and a pinch of salt in a large bowl. Rub any lumps of sugar between your fingers to break them up, shaking the bowl a few times to bring them to the surface.

**2** Whisk the oil, yogurt, vanilla and eggs together in a jug, then pour the wet ingredients into the dry. Stir well using a spatula or whisk until no pockets of flour remain. Pour the batter into the tin and bake for 30 mins until a skewer inserted into the middle comes out clean. If any wet batter clings to the skewer, bake for 5 mins more, then check again. Leave to cool in the tin for at least 20 mins, then turn out onto a wire rack and leave to cool completely.

**3** To make the icing, beat the butter, sugar, 1 tbsp milk and the vanilla until soft and fluffy, adding the rest of the milk if it's too stiff. Transfer 4-5 tbsp of the icing to a piping bag fitted with a 1cm round nozzle and pipe a border around the cake, leaving a 1cm gap between the edge and the border. Pipe on the halfway line, centre circle and penalty areas, then squeeze any remaining icing from the bag back into the bowl of icing. Dye the remaining icing green using a few drops of food colouring gel. Transfer the green icing to a piping bag fitted with a 1-2cm star nozzle, or grass/hair nozzle. Pipe small blobs of icing all over the cake, avoiding the pitch lines, until the sponge is completely covered. Decorate with mini figures and a chocolate football, if you like. *Will keep in an airtight container at room temperature for up to four days.*

**PER SERVING (24)** 341 kcal • fat 17g • saturates 6g • carbs 43g • sugars 35g • fibre 1g • protein 3g • salt 0.5g

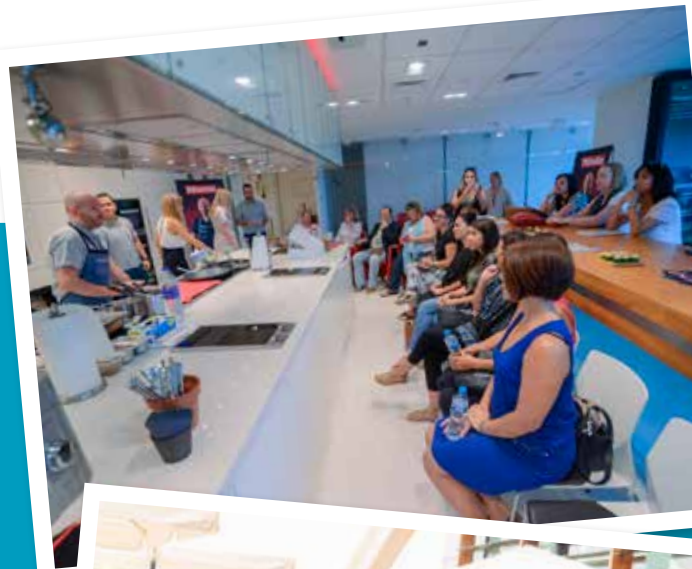






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health

Why eat  
**30 plant foods**  
a week?  
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5 healthy ideas  
canned fish **p97**



# Why eat 30 plant foods a week?

We hear from the lead scientist behind a study that promotes a new way of eating to rival the five-a-day approach

words TIM SPECTOR



Tim Spector OBE is a professor of genetics at King's College London. His work focuses on the microbiome and he is the lead scientist for the British Gut Project. He has written four books, including *The Diet Myth* and *Spoon Fed*. @tim.spector



## Where has the idea of eating 30 different plant foods come from?

The suggestion that eating this number of plant foods every week can lead to improved health comes from a large study I worked on back in 2019. The British and American Gut Project looked at the diets of thousands of people, assessing how different dietary patterns were associated with different health outcomes.

One of the most interesting findings was around fibre. The recommended portion of fibre for an adult is 30-35g a day, but what the study was showing us was that the amount of fibre isn't as important as the variety. Different plants have different fibres, so eating more plants diversifies the types of fibre you eat.

The study showed us that people who ate the largest variety of plant foods were found to have the healthiest microbiomes (the microbe environment that exists naturally in our guts) and were likely to report the best health outcomes. The study suggested that 30 was the optimum number

of different plants for fibre diversity, as there wasn't much improvement when you increased from 30 to 35 or 40.

## What counts as a 'plant food'?

Basically, everything that comes from a plant. Fruit and vegetables all count (even potatoes – particularly if you eat the skin), but so can wholegrains, pulses, seeds, nuts, mushrooms, beans, herbs and spices. The important factor is that you're consuming plant fibre, so juice and oil wouldn't count, but something like matcha (which is made from whole powdered leaves) would.

It's hard to recommend exact portion sizes, but we do know that diversity is key. And, the beauty of this way of eating is that it's not about restricting, it's about adding more in. For instance, for a simple tomato sauce, fry onion, garlic, carrots and celery in extra virgin olive oil, then add the tomatoes, and finish with basil and oregano – that's seven plants there already.

## What are the health benefits?

### 1 SUPPORTS A HEALTHIER GUT BIOME

The gut microbiome is the population of bacteria living in our large intestines. We think having a diverse gut microbiome with more helpful bugs leads to better health. Gut bugs are especially important for our health, as they are strongly connected to our immune system. Gut microbes process information from everything we ingest to figure out what's happening to our bodies. This helps the function of our immune system.

### 2 SUPPORTS GOOD IMMUNE SYSTEM FUNCTION

One study on a group of cancer patients receiving immunotherapy (which relies on our immune system to create the right antibodies to fight cancer cells) found that those eating a Mediterranean diet (based on a fibre-rich, diverse range of plants) had an improved microbiome and stronger immune system. They had better health outcomes and cancer survival rates.

### 3 MAY DECREASE YOUR RISK OF COVID

During the pandemic, it was also found that people taking probiotics and who had healthier microbiomes were less likely to catch covid, and less likely to die from covid. Supporting your gut microbes is essential for reducing the risk of infectious diseases.

### 4 REDUCED DEPRESSION SYMPTOMS

The connection between the gut and brain is known as the gut-brain axis. As gut microbes produce many different chemicals (including enzymes, hormones and certain vitamins such as B12 and K), these chemicals travel to the brain and impact vagus nerve transmission, impacting our mood and mental well-being.

Eating a wide variety of plant fibres has been linked to a healthier digestive system





# 30-35g



Once you're in the mindset of adding variety, it's not difficult to achieve this number



## 5 LOWER RISK OF INFLAMMATION

'Bad' bacteria thrives on highly processed foods and animal products, so if you're eating a lot of these, you're likely to have an unhealthy microbiome, but also increased intestinal permeability – sometimes called a 'leaky gut'. If the gut lining becomes too easy to pass, microbes travel around the body and cause inflammation. For instance, microbes travelling to the skin and causing inflammation would result in acne.

*The recommended portion of fibre for an adult per day, but the amount is not as important as the variety*

## How easy is it to eat 30 plant foods a week?

Once you're in the mindset of adding as much variety as possible (and not worrying about quantity), it's not difficult to achieve this number. Keep a simple list on your fridge or in a notebook, and always aim to add one more plant food to whatever you're eating.

One of the simplest tricks is to buy prepared mixes, whether that's a bag of mixed nuts to snack on, frozen mixed berries, cans of

beans, or seed mixes to sprinkle over salads or cereals. This is the quickest way to add another four or five different plant foods to your day. I keep a spice mix by the hob to add to dishes when I'm cooking. It all counts.



## Seven-cup muesli

*This breakfast will set you up for a busy day with a mix of nuts, seeds and fruit that's rich in iron as well as fibre.*

**SERVES 10** **PREP 10 mins**  
**NO COOK EASY** **V**

3 cups oats  
1 cup mixed nuts, including macadamia if possible  
½ cup sesame seeds  
½ cup sunflower seeds  
½ cup raisins  
½ cup dried cranberries  
1 cup dried ready-to-eat apricots, chopped

### To serve

soya or semi-skimmed milk  
chopped fresh seasonal fruit, such as pears, banana, pineapple, papaya, passion fruit and grapes

**1** Tip the oats into a large airtight container and add the nuts, seeds, raisins and cranberries. Stir in the chopped apricots.

**2** To serve, spoon a portion into a bowl, pour over the milk, then top with chopped fresh fruit.

**GOOD TO KNOW** fibre • iron • 1 of 5-a-day  
**PER SERVING** 393 kcal • fat 16g • saturates 2g •  
carbs 51g • sugars 15g • fibre 8g • protein 14g •  
salt 0.2g





## Ratatouille & parmesan bake

*A portion of this Mediterranean traybake delivers around a third of your 30 plant-based ingredients.*

**SERVES** 2 (with leftovers)

**PREP** 20 mins **COOK** 25 mins

**EASY** V

1 large aubergine  
2 tsp rapeseed oil, plus extra for brushing  
2 red onions, halved and sliced  
2 peppers (any colours), diced  
2 large courgettes, diced  
2 garlic cloves, chopped  
400g can chopped tomatoes  
2 tsp gluten-free vegetable bouillon  
1 thyme sprig, plus a few extra leaves to serve  
handful of basil, stalks chopped, leaves torn and kept separate

2 handfuls rocket, dressed with balsamic vinegar, to serve

### For the topping

1 egg

150g pot bio yogurt

15-25g parmesan or vegetarian alternative, finely grated

**1** Heat the oven to 220C/200C fan/gas 7. Cut six long thin slices from the middle of the aubergine and chop the remainder. Brush the slices with oil, put on a lined baking sheet and cook for 15 mins, turning once, until softened. Turn the oven down to 180C/160C fan/gas 4.

**2** Meanwhile, heat the 2 tsp oil in a non-stick pan and fry the onions for 5-8 mins until softened. Stir in the chopped aubergine, peppers, courgettes and garlic, and stir for a few minutes more. Tip in the canned tomatoes and a half a can

of water, then stir in the bouillon, thyme and basil stalks. Cover and simmer for 20 mins or until tender. Keep an eye on it and add water if the mixture is getting too dry. Stir through the basil leaves.

**3** To make the topping, beat the egg with the yogurt, parmesan and 1 tbsp water. Spoon the ratatouille into an ovenproof dish, add the aubergine slices in a layer, spread over the yogurt topping and scatter with the extra thyme leaves. Bake for 10-15 mins until the topping is set and starting to colour. Serve with dressed rocket on the side. *Will keep chilled for two days.*

**GOOD TO KNOW** low cal • low fat • gluten free  
**PER SERVING** 310 kcals • fat 11g • saturates 4g •  
carbs 28g • sugars 25g • fibre 16g • protein 17g •  
salt 0.5g



## Spicy vegetable stew with coconut

*Our veggie one-pot is chock-full of plant foods, along with folate, fibre, vitamin C and iron.*

**SERVES 4** **PREP** 10 mins  
**COOK** 40 mins **EASY** **V**

1 tbsp rapeseed oil  
2 large onions, thinly sliced  
1 tbsp finely chopped ginger  
3 garlic cloves, chopped  
1 large red chilli, deseeded and thinly sliced  
1 tbsp thyme leaves  
1 tsp cinnamon  
1 tsp smoked paprika  
2 tsp ground coriander  
2 tsp cumin seeds  
2 x 400g cans chopped tomatoes  
800ml vegetable stock made with 4 tsp vegetable bouillon powder  
2 green peppers, deseeded and diced  
1 sweet potato, deseeded and diced  
2 plantains, peeled and sliced  
160g brown basmati rice  
2 x 400g cans red kidney beans  
handful of fresh coriander, chopped, plus extra to serve

140g thick, unsweetened coconut yogurt

**1** Heat the oil in a large non-stick pan and fry the onions for 8 mins until softened and golden. Add the ginger, garlic, chilli and thyme and cook, stirring, for 1 min. Add the spices, stir briefly over the heat, then pour in the tomatoes and stock, and stir in the peppers, sweet potato and plantain. Cover then leave to simmer for 30 mins.

**2** Meanwhile, boil the rice following pack instructions. Drain the beans and stir into the stew along with the coriander. Cook gently for 10 mins until the peppers are tender.

**3** Spoon the rice and stew into bowls, top each with 2 tbsp yogurt and scatter with coriander to serve.

**GOOD TO KNOW** folate • fibre • vit c • iron •

5 of 5-a-day

**PER SERVING** 603 kcals • fat 11g • saturates 5g • carbs 97g • sugars 28g • fibre 21g • protein 19g • salt 0.3g



## Curried chicken & baked dhal

*With lots of spice, lentils and vegetables, this dhal makes a big contribution to your 30 plant foods.*

**SERVES 2** **PREP** 20 mins  
**COOK** 35 mins **EASY**

2 garlic cloves  
thumb-sized piece of ginger  
100g red split lentils  
2 red onions, cut into small wedges  
1 small cauliflower, cut into florets  
½ tsp turmeric  
2 tsp cumin seeds  
4 boneless skinless chicken thighs  
1 tsp cold-pressed rapeseed oil  
2 tsp medium curry powder  
100g baby leaf spinach  
2 tomatoes, chopped  
2 tbsp natural yogurt  
½ lemon, cut into wedges

**1** Heat the oven to 200C/180C fan/gas 6. Grate the garlic and ginger into a large roasting dish. Add the lentils, onions, cauliflower, turmeric and cumin seeds. Pour over 500ml

boiling water and mix. Rub the chicken thighs with the oil, curry powder and a pinch each of salt and pepper. Nestle these into the lentils, then bake in the oven for 40 mins until cooked through.

**2** Remove the chicken from the dish, add the spinach and tomatoes and return to the oven for a couple of minutes until the spinach has wilted. Season and serve the chicken with the dhal alongside the yogurt and lemon wedges for squeezing over.

**GOOD TO KNOW** healthy • 5 of 5-a-day

**PER SERVING** 531 kcals • fat 13g • saturates 3g • carbs 52g • sugars 19g • fibre 11g • protein 45g • salt 0.3g



## 5 healthy ideas

# canned fish

Turn a storecupboard staple into a nutritious dinner

### Budget kedgeree

**SERVES 4** **PREP** 20 mins  
**COOK** 40 mins **EASY**

Boil **2 eggs** for 8 mins, then leave them to cool long enough so you can comfortably peel them. Meanwhile, heat **2 tbsp oil** from **3 x 120g cans of sardines in sunflower oil** in a large pan and fry **2 finely chopped onions, 1 tbsp finely chopped ginger** and **1 chopped chilli** for 10 mins, stirring frequently, until softened and golden. Tip in **300g easy-cook brown rice, 2 tbsp medium curry powder** and **1 tsp cumin seeds**,

then pour in **650ml vegetable stock**. Stir well, then drop in **400g frozen spinach**, spaced apart, on top. Don't stir at this stage, just cover and leave to cook over a low heat for 15 mins. Add the canned sardines, then cover and cook for 5 mins more until the rice is tender. Gently toss everything together with a handful of **chopped coriander**. Cut the eggs into wedges, then serve on top along with **lemon wedges** for squeezing over.

**GOOD TO KNOW** healthy • calcium • fibre • iron • 2 of 5-a-day • gluten free

**PER SERVING** 542 kcals • fat 18g • saturates 3g • carbs 61g • sugars 6g • fibre 9g • protein 30g • salt 1.2g

### Salmon burgers

**SERVES 4** **PREP** 20 mins **COOK** 10 mins  
**EASY**

Drain and tip **2 x 200g cans salmon** into a food processor with **2 tbsp red thai curry paste**, a **thumb-sized piece of ginger**, grated, **1 tsp soy sauce** and half a bunch of **chopped coriander**. Pulse until roughly minced. Tip out the mix and shape into 4 burgers. Heat **1 tsp veg oil** in a non-stick frying pan, then fry the burgers for 4-5 mins on each side, turning until crisp and cooked through. Meanwhile, use a veg peeler to peel strips of **2 carrots** and **1 small cucumber** into a bowl. Toss with **2 tbsp white wine vinegar** and **1 tsp golden caster sugar** until the sugar has dissolved, then toss through more coriander leaves. Divide the salad between four plates. Serve with the burgers and cooked rice.

**GOOD TO KNOW** healthy • low fat • fibre • omega-3 • 2 of 5-a-day

**PER SERVING** 292 kcals • fat 17g • saturates 4g • carbs 7g • sugars 6g • fibre none • protein 29g • salt 0.8g



### Lentil & tuna salad

**SERVES 4** **PREP** 15 mins **NO COOK** **EASY**

Whisk **2 tbsp sherry vinegar, 1 tsp Dijon mustard** and **2 garlic cloves**, finely grated, together in a small bowl. Slowly drizzle in **50ml olive oil**, whisking constantly until emulsified, then season to taste. Add **2 x 250g pouches of ready-cooked puy lentils, 2 x 160g cans tuna in spring water, 160g halved cherry tomatoes, 2 chopped roasted red peppers**, a handful of **chopped parsley** and most of **1/2 a bunch of chives**, finely chopped, to a large bowl and toss together. Pour over the dressing and toss again. Divide between four bowls and garnish with the remaining chives.

**GOOD TO KNOW** healthy • low cal • fibre • 2 of 5-a-day • gluten free

**PER SERVING** 374 kcals • fat 15g • saturates 2g • carbs 26g • sugars 3g • fibre 9g • protein 28g • salt 0.7g

### Spaghetti with sardines

**SERVES 4** **PREP** 5 mins **COOK** 15 mins  
**EASY**

Cook **400g spaghetti** in a large pan of boiling salted water following pack instructions. Meanwhile, make the sauce. Heat **1 tbsp olive oil** in a medium pan and cook **2 crushed garlic cloves** for 1 min. Add a pinch of **chilli flakes**, a **225g can of chopped tomatoes** and **2 x 120g cans of sardines in tomato sauce**, breaking them up roughly with a wooden spoon. Heat for 2-3 mins, then stir in **100g roughly chopped black olives, 1 tbsp capers** and most of a **small handful of chopped parsley**. Mix well to combine. Drain the pasta, reserving a cupful of cooking water. Add the pasta to the sauce and mix well, adding a couple of tablespoons of the pasta water if the sauce is too thick. Divide between bowls and sprinkle with the remaining parsley.

**GOOD TO KNOW** healthy • calcium • fibre • omega-3 • 1 of 5-a-day

**PER SERVING** 495 kcals • fat 14g • saturates 2g • carbs 77g • sugars 5g • fibre 5g • protein 21g • salt 1.1g



## Tuna, caper & chilli spaghetti

**SERVES 2** **PREP** 10 mins **COOK** 15 mins  
**EASY**

Cook **150g spaghetti** for 9-11 mins in a large pan of well-salted water following pack instructions. Heat **1 tbsp olive oil** in a wide frying pan over low heat, and gently cook **1 sliced garlic clove** and **1 finely chopped red chilli** to infuse the oil. Drain the pasta, keeping a cupful of the cooking water, and tip the spaghetti into the frying pan. Toss the pasta in the oil over a low heat, adding a little of the pasta water to create a sauce that coats the pasta, then fold in **1 tbsp drained capers**, a **small bunch of parsley**, finely chopped, **145g can tuna in spring water**, drained, and some seasoning. Toss **90g rocket** and the **juice of ½ a lemon** through the spaghetti, and serve with extra chilli scattered over, if you like.

**GOOD TO KNOW** healthy • low fat • low cal • folate • vit c •  
1 of 5-a-day  
**PER SERVING** 409 kcals • fat 9g • saturates 1g • carbs 57g •  
sugars 2g • fibre 5g • protein 23g • salt 0.4g



# Gourmet lifestyle



## SIZZLING SUMMER HOTSPOTS



3 Sizzling Summer Hotspots p100

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# HILTON DUBAI PALM JUMEIRAH

*Palm West Beach*

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This summer, enjoy the ultimate football experience at McGettigan's Factory and CLAW BBQ at Hilton Dubai Palm Jumeirah.

## MCGETTIGAN'S FACTORY

McGettigan's Factory will broadcast all the Euros action live on indoor and outdoor screens, offering delicious pub grub, live music, and special deals like a burger with 2 pints or a bucket of hops. During the semi-finals, fans can wear their team jersey for a free pint and celebrate goals with a complimentary drink.

## THE CUISINE

Beat the heat with cold pints and traditional Irish dishes at the award-winning McGettigan's Factory, featuring juicy Rib eye, Korean chicken bao, Wagyu beef chilli nachos, Southern fried chicken burger, and savoury Flame grill steak sandwich.

## CLAW BBQ

The largest sports bar in Palm Jumeirah will be streaming every match on over 50 HD screens and a massive projector, creating a lively atmosphere for football enthusiasts.

## THE CUISINE

At CLAW BBQ, enjoy Southern, All-American classics perfect for sharing, such as the mouthwatering Sample platter with Buffalo shrimp, Mini corn dogs, Chicken wings, Beef riblets, and Chicken strips, paired with a pint. CLAW BBQ also offers a tempting burger lineup, including options like Buffalo chicken, Blue cheese & bacon, Bubba gump, and The CLAW veggie. Take advantage of special deals on pints, with up to 4 pints or a bucket of 6 bottles available at a great price.

## NEED TO KNOW

### Dates

June 14-July 14

## Price

CLAW BBQ: **AED120** including CLAW Sample platter and a pint, **AED89** including burger and hop, and **AED160** for 4 pints or a bucket of 6 bottles of hops.

McGettigan's Factory: **AED89** including a burger with 2 pints and **AED149** including a bucket of hops.





Smoki  
MOTO



WHERE  
**HEART** AND SEOUL  
COLLIDE

**KOREAN STEAKHOUSE AND LOUNGE**

Enter the gritty realm of Smoki Moto, our Steakhouse with Korean flair, where we tear up the rulebook on tradition and drag you through an unfiltered journey deep into the chaotic heart of Korean culinary experience.

**OPEN DAILY**

Monday to Thursday 5:00 PM - 1:00 AM  
Friday to Sunday 5:00 PM - 2:00 AM

**BOOK NOW**







# SMOKI MOTO

*Palm Jumeirah, West Beach*

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reservations@smokimotodubai.com

smokimotodubai.com



Dubai's first fully licensed Korean steakhouse, Smoki Moto, offers a unique and exciting culinary adventure. This Palm Jumeirah gem blends the sizzle of high-end steaks with the vibrant energy of Korean pop culture and authentic street food. Guests grill their own meats at the table, enjoying a modern take on Korean tradition. The atmosphere thrums with the energy of Seoul, reflected in the restaurant's design and music. From the Butcher Shop entrance to the rooftop terrace with stunning views, the destination hosts a multifaceted experience for all with creative beverages, celebratory meals, and everything in between.

For a fun Friday night, book a spot for FOMO Fridays with Smoki Moto, where guests can enjoy sunset drinks, delicious Korean bites, drinks, and music on the terrace and indoor lounge overlooking the stunning views of West Palm Beach.

## THE CUISINE

Distinguished from the traditional Korean BBQ experience, Smoki Moto is unmistakably a steakhouse, with a team of eight Korean chefs who take pride in presenting world-class ingredients, homemade fermented kimchi, and expertly crafted beverages. The concept promotes a sharing style, reminiscent of an Asian family dining experience, allowing guests to savour a communal culinary journey.

Renowned for their innovative dry-ageing techniques, including butter, kelp (seaweed), and sugar-cure methods, Smoki Moto unlocks a unique flavour profile in their expertly prepared steaks. Guests cook selections from the comprehensive Butcher Shop menu on bespoke charcoal grills, indulging in Korean-style marinated short ribs, and high-

quality grain- and grass-fed beef, alongside dry-aged and Wagyu options.

Extending beyond steaks, the menu embraces the vibrancy of Korean cuisine. Diners can explore tuna gimbap, kimchi pancakes, and bibimbap stone bowls reimagined with foie gras and rice, and Korean soups and stews including doenjang jjigae (soybean paste stew) and tteokguk (rice cake soup).

## NEED TO KNOW

### Time

Open 7 days a week, 5pm-1am from Sunday to Wednesday and 5pm-2am from Thursday to Saturday.

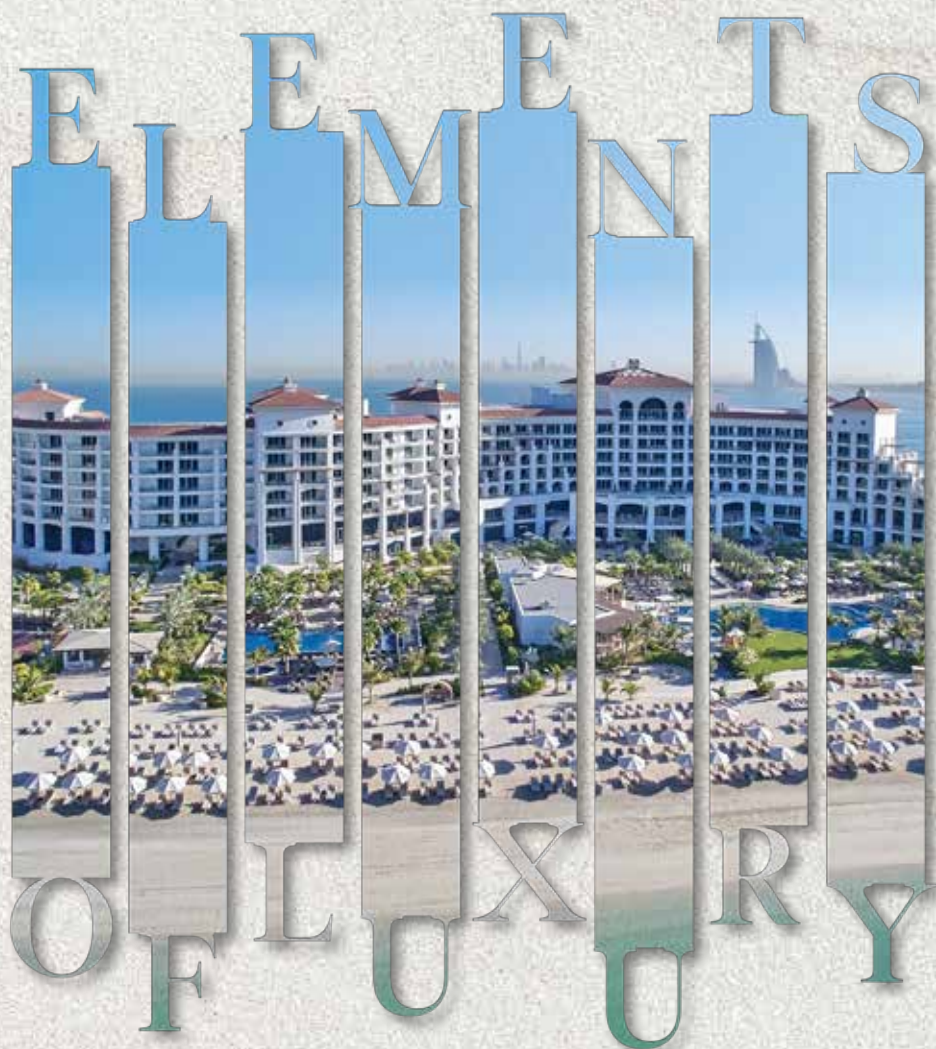
FOMO Fridays: 6:30pm-12am.

### Price

FOMO Fridays: **AED120** per person including three beverages and a bar bite.



*EMBRACE THE SUMMER  
EXPERIENCE THE LUXURY*



Experience the four elements of nature through luxury this summer!  
Indulge in a night stay in a spacious room or suite, savor a Southeast Asian dinner for two & enjoy 30% savings on a 90-minute hot stone massage. Soar with 20% savings on The View at The Palm & dive into the magic of La Perle show with 30% savings. Embrace the elements of luxury starting from AED 1,500. Transform your summer into an unforgettable journey of discovery.

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This summer, experience the four elements of nature in unparalleled luxury at the Waldorf Astoria Dubai Palm Jumeirah. Retreat to a spacious room or suite for a serene night's stay, and indulge in a sumptuous Southeast Asian dinner for two, crafted to delight your palate. Take time to rejuvenate with a special 30% off on the 90-minute hot volcanic stone massage, designed to soothe and revitalise.

Additionally, guests are treated to 20% savings on tickets to The View at The Palm, offering breathtaking vistas, and can immerse themselves in the enchantment of the La Perle show with 30% off.

Room rates from **AED1,500**  
 (Summer code: WASUMMER).

## THE CUISINE

Mezzerie's Once Upon a Brunch further offers an unforgettable experience inspired by fairy tales, with a special summer brunch deal where children dine for free.

Diners can immerse in the adventure as beloved princesses, princes, and even villains come to life within the venue as you dine. The dedicated children's play area and stage are great for little ones while adults head to the beverage garden for a refined retreat coupled with entertainment. The venue boasts a dedicated area for teens too, featuring oversized games. Be mesmerised by the roaming jester/magician, delighting both young and old alike with their magnificent tricks. And of course, savour a wide selection of dishes at the fish and seafood station, pit BBQ and rotisserie station, cheese and bread station, and plenty more, followed by the interactive dessert area that's sure to impress. Live entertainment featuring a talented DJ and singer completes this truly magical experience.

## NEED TO KNOW

**Time:**  
 Saturday, 1pm - 4:30pm

## Price:

Brunch package: **AED320** for the soft beverage package, **AED495** for the house beverage package and **AED595** for the sparkling beverage package. Children up to the age of 14 dine free of charge. The package includes access to the pool and beach between 1pm-7pm, alongside entry to Coco's Kids Club. Happy hour, from 4:30pm-7pm at Palm Avenue.







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Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs

## SEASIDE DELIGHTS AT KOKO BAY'S KOKO LOCO BRUNCH FOR TWO, WORTH AED990



Savour the seaside charm of Koko Bay's Koko Loco Brunch, with stunning views overlooking the Dubai Marina skyline and Palm West Beach. Immerse in a Bali-inspired atmosphere, delighting in a variety of sumptuous dishes and refreshing beverages while enjoying exceptional live entertainment.

## ENJOY A ONE-NIGHT STAY FOR TWO AT MILLENNIUM PLACE BARSHA HEIGHTS, WORTH AED700



Experience true comfort with a one-night stay for two at Millennium Place Barsha Heights, a 4-star hotel in the vibrant heart of Dubai, complete with a complimentary themed dinner package. Enjoy a luxurious stay in a Premium room, including a buffet breakfast and a themed dinner at the M One restaurant.

## EXPERIENCE A HERITAGE BRUNCH FOR FOUR AT RADISSON BLU HOTEL DUBAI DEIRA CREEK, WORTH OVER AED700



Indulge in the Heritage Brunch at Radisson Blu Hotel Dubai Deira Creek, a celebration of culinary excellence dating back to 1975. Little ones can revel in activities such as balloon twisting, face painting, and cooking classes by the poolside. Stand a change to enjoy a brunch for four, including two adults and two children, making it an unforgettable experience for the whole family.



## WIN A TRADITIONAL THAI BRUNCH FOR TWO AT THIPTARA, WORTH AED650

Embark on a culinary journey at Thiptara's Saturday Brunch, where you can indulge in an exceptional gourmet feast showcasing the finest Thai ingredients and techniques. Look forward to enchanting views of the Burj Lake, Dubai Fountain, and Burj Khalifa while tucking into delicacies that celebrate Thai culture. Enhance your experience with scintillating beverages uniquely crafted by Thiptara's mixologists.





## WIN A DINING VOUCHER FOR TWO AT ZAATAR W ZEIT, WORTH AED500

Zaatar W Zeit has recently unveiled its first-ever potato dough and high protein dough, now exclusively available across its 19 locations in the United Arab Emirates. The new potato dough isn't just tasty and satisfying, but also nutritious. Lucky winners can choose from five delectable wraps, including The Crispy Hotdog wrap, the Egg N' Cheese wrap, the all-new Simply Kafta wrap, The Chicken Light wrap, and the all-new Super Tuna wrap.

## WIN A DINNER FOR TWO AT HYDE DUBAI'S CLEO, WORTH AED500



Explore Middle Eastern cuisine with Cleo's exclusive giveaway, offering a chance to win a dinner for two at this renowned Levantine restaurant. Discover a diverse range of dishes, from classic to contemporary creations, including savoury mezze, succulent grilled meats, and decadent desserts, all meticulously crafted to tantalise your taste buds.

## WIN A VOUCHER FROM IGP MIDDLE EAST, WORTH AED500



Forge enduring memories and strengthen connections with IGP's extensive array of delicious cakes, vibrant flowers, gifts, hampers, personalised products, and more.

Whether it's for special occasions, joyous festivals, or personal milestones, treat your loved ones with this carefully curated collection.

## WIN A THREE-DAY DETOX MEAL RESET PLAN WITH GO ORGANIC, WORTH OVER AED500



Discover Go Organic's latest offerings with its Detox and Weight-loss Meal Resets, designed to kickstart healthy eating habits. With a focus on nourishing meals, the menu caters to a wider audience seeking to cleanse, nourish, and

rejuvenate their bodies. From Gut Cleanse to Skinny Cleanse, choose from various durations and curated options to optimise your health and well-being, featuring a range of delicious meals including smoothies, cold-pressed juices, salads, bowls, gluten-free options, and gourmet snacks.

## WIN A SHOPPING VOUCHER AT BETTER LIFE, WORTH AED500



Discover Better Life, the premier destination for home appliances, boasting over 70 top brands spread across eight stores in Dubai and Abu Dhabi. From essential Home & Kitchen Appliances to Cooling Appliances, Cookware, and Kitchen Essentials, find everything you need to enhance your daily living. At

Better Life, renowned brands converge to offer superior appliances, ensuring each day is elevated with quality and convenience.



To be in with a chance of winning these prizes, visit our competitions page on [bbcgoodfoodme.com](https://bbcgoodfoodme.com), or simply scan this QR code with your mobile to directly to the website.

\*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.





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